Module 3 – February 26

Write out a brief contract with yourself in which you define three, small manageable tasks related to your project to be completed over the period of one week. See the contract on the next page for an example. Set out to do these tasks over the next week.

Homework: After the week is over, write for fifteen minutes on whether you completed the tasks you set out to do. How did it feel doing that? If you didn’t complete the tasks, what kept you from doing it?

I, Craig Wynne, resolve to accomplish the following tasks related to my dissertation before 12/3:

1 – Enter the freewrites from 11/20 into my subject notes. I will attempt to do this tomorrow. x

2 – I will write my reflection from tonight’s session tomorrow morning. x

3 – I will place tonight’s session as a module on my website. z

4 – I will spend an hour per day, starting tomorrow and going through Saturday, revising my dissertation prospectus according to Maggy’s comments.

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Craig Wynne

The tasks are simple yet clear, short-term yet structured productively with a definitive goal in mind. The choice of words are positive and strong, emphasizing the importance of staying on the tasks at hand.