



End of the Rainbow



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

When you have to do something you just don't want to do, imagine how you will feel when you're done. It's like finding the treasure at the end of the rainbow.

You can ask yourself:

- *What's my goal?*
- *How will I feel after I get it done?*
- *How will my hard work pay off?*

WHY TO TRY:

Reminding yourself of the reward at the end of the rainbow or the good feeling you will have once you are finished can motivate you to persist, to keep going, or to reach your goal.



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Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

