hspworld

Input Solution

Week of:

Reward at end of week:

Input Challenge: (e.g., Environment 1 – Work, noticed for A. Noise - I had 1's for 4 out of the 5 days)

Goal: (to decrease the amount of noise I experience at work – to work in a quiet environment)

Steps I Need to Take to Reach This Goal: (e.g., ask my boss if I can move my desk/work in a quieter space, prepare for the meeting with my boss with the reason(s) for my request, come up with easy solutions so my boss will be able to make a decision, give my boss good reasons to work with me (increased productivity), schedule a meeting with my boss, etc.)

Reward: