Teacher Answer Key

Case Study

1. She turned a vague wish to be healthier into a goal with a set amount, a set frequency, and a deadline, which gave her something she could actually track.

2. The habit loop gave her a cue, a routine, and a reward, so getting the workout done stopped depending on how motivated she felt after a long school day.

Multiple Choice

1. C

2. D

3. A

Matching

1-B, 2-E, 3-D, 4-C, 5-A

Fill-in-the-Blank

1) Intrinsic, 2) Routine, 3) SMART

Short Answer (Sample Responses)

Q1: Combining intrinsic and extrinsic motivation provides both personal fulfillment and external rewards, making goals more sustainable.

Q2: SMART goals provide clarity, accountability, and a clear timeline, which make it easier to stay on track.

Q3: Self-compassion helps individuals recover from mistakes without giving up, promoting resilience.