

A Perfect Match – Creating a Resource Web

Match each trigger to at least one resource. You may identify multiple resources for each trigger. In the blank spaces, include unlisted triggers and resources.

Triggers

1. Overslept
2. Illness
3. Need a day off
4. Missed the bus
5. Peer pressure
6. Wanted to do other things
7. Bad weather
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Resources

- A. Check to make sure alarm clock is set.
- B. Know your schedule.
- C. Go to bed at an earlier time.
- D. Set up a backup transportation plan.
- E. Get enough rest at appropriate times.
- F. Arrange transportation ahead of time.
- G. Walk through issues with challenging individuals.
- H. Set your alarm 15 minutes earlier in the morning.
- I. _____
- J. _____
- K. _____
- L. _____
- M. _____
- N. _____