

Sophia's Plan of Action!

+ Motivation Boosters

Exposure Activity	Anxiety Level (0-10)	Motivation Boosters
Have a conversation with a friend at school	2	I get to choose the music on the car ride home after school
Say hello to all my friends and teachers at school when I pass them in the hallway	3	Go get boba tea after school
Talk to the waiter & order on my own at a restaurant instead of having my friends or family order for me	4	I get to choose the movie at family movie night
Have a conversation with someone I don't usually talk to at school	5	Start a new anime I've been wanting to watch
Practice giving a presentation in front of my family	6	Get my favorite ice cream from the grocery store
Eat lunch with a group of people at school instead of on my own	7	Get a new item for my art supplies collection
Raise my hand and answer a question in front of the classroom	8	Get 2 new items for my art supplies collection
Go to Anna's birthday party, join a group of people, and talk with them	9	Get a new book I've been wanting
Goal Activity: Give a presentation in front of my class at school	10	Get a whole new outfit at the mall!