

A note about goals

Setting realistic goals can help us make progress towards our overall aims.

Trying to do too much too quickly can lead to feelings of frustration and discouragement if over-ambitious goals are not achieved. On the other hand, not setting goals at all can mean we feel a sense of failure because we don't make progress towards achieving our aims.

Setting goals that are a little bit ambitious, but which we are sure we can achieve, means we are more likely to feel a sense of achievement or accomplishment upon hitting our targets. These feelings can help motivate us to work further towards our overall aims, so that in the long run we are able to make more progress than if we had set ourselves too high a target, or none at all.

continue



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We will now ask you to play the game again,
but this time you will be asked to set a goal
before starting each 'block' of choices.

start game!

progress

coins: 0

Set your goal!

Please set a goal for the number of coins
you want to try and collect during
this "block" of choices.

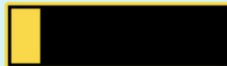
For this block, if you choose the highest
power option every single time you could collect
65 coins (this is the maximum possible).

Please set your personal goal for this block
using the slider below. Press **enter answer**
when you are ready to continue.

enter answer

51

progress
to goal:



coins: 7

You have a choice!

7 coins
95% POWER

4 coins
75% POWER

route 1

route 2

