


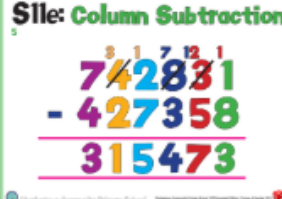

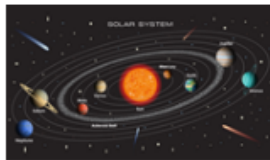



You do not need to print off any of the challenges. You can complete them on a piece of paper and take a picture of your work to upload it to Twitter or Facebook.

<p>Week 7</p> <p>Space</p>	<p><b>Reading</b></p> <p><b>Apollo 13</b></p>  <p><b>Task 1:</b> Complete the attached reading activity and questions.</p> <p><b>Task 2:</b> Log into Active Learn and read one of the books assigned to you and answer the questions.</p> <p><b>Writing</b></p> <p><b>Space Story</b></p>  <p><b>Narrative</b> - Create a story about travelling to space. Think about how exciting that would be!! You could build it up gradually including how you will prepare, leaving your family, the launch and then what is actually like in space!</p>	<p><b>Spelling</b></p> <p><b>Using the suffix 'ive'</b></p> <p><b>Task 1:</b> Learn these spellings and their meaning.</p> <ol style="list-style-type: none"> <li>1. attractive</li> <li>2. creative</li> <li>3. addictive</li> <li>4. assertive</li> <li>5. abusive</li> <li>6. co-operative</li> <li>7. exhaustive</li> <li>8. appreciative</li> <li>9. offensive</li> <li>10. expressive</li> </ol> <p><b>SPAG</b></p> <p><b>Dashes for parenthesis</b></p> <p><b>Task 1:</b> Using dashes for parenthesis complete the attached activities. Remember to add in the additional information inside the dashes.</p> <p><b>Task 2:</b> Spot the spelling mistake! Complete the attached activity and correct the wrong spellings.</p>	<p><b>Maths</b></p> <p>This week we are focussing on addition and subtraction.</p> <p><u>Let's</u> remember our column methods and complete the word problems.</p> <p><b>A7e: Column Addition</b></p>  <p><b>S1le: Column Subtraction</b></p>  <p>Look out for our help videos on Seesaw for calculation reminders and problem solving!!</p> <p><b>Task 1:</b> Complete the set calculations.</p> <p><b>Task 2:</b> Complete the attached word problems.</p> <p><b>Task 3:</b> Code breaker challenge.</p>  <p>Remember TTRS too!</p>	<p><b>D&amp;T</b></p> <p><b>Let's get designing !</b></p> <p>Your challenge is to design your own planet.</p> <p>Think about the following:</p> <ul style="list-style-type: none"> <li>• name (origin of the name)</li> <li>• position in the solar system</li> <li>• size</li> <li>• distance away from Earth</li> <li>• Is there life on it?</li> </ul> <p>Complete the attached activity and have fun!</p> 	<p><b>Wellbeing</b></p> <p><b>Goal setting.</b></p> <p>It is important to give yourself some motivation by setting personal goals.</p> <p>It gives you a sense of purpose that can improve your confidence and build your self-esteem.</p>  <p>Set yourself between 1-3 goals that you feel you would like to achieve this week.</p> <p>They can be as simple or difficult as you like.</p> <p>Consider the following:</p> <ul style="list-style-type: none"> <li>• what it is</li> <li>• how you will achieve it</li> <li>• if you need someone to support you</li> <li>• how long it will take to achieve</li> <li>• how you will feel when it is accomplished</li> </ul>
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## Reading

# Apollo 13

The mission of NASA's Apollo 13 was to reach the moon. The mission failed, but it taught NASA and the world important lessons about team work and never giving up.

### **Blast-Off**

On April 11<sup>th</sup> 1970, three astronauts climbed aboard the Apollo 13, blasting off from the Kennedy Space Centre in Florida, USA. The crew included Commander James Lovell and pilots Fred Haise and Jack Swigert. It was Haise and Swigert's first mission to the moon, whereas the

experienced Lovell had been once before.

The mission suffered bad luck from the beginning. One of the original pilots was replaced by Swigert just two days before blast-off. This was because the original pilot had been exposed to a virus. NASA decided it was too big a risk for a virus to go into space, so Swigert had only a couple of days to be ready for the mission.

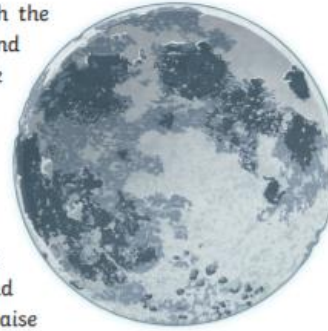


The Apollo 13 was made up of two different spacecraft, the Odyssey and the Aquarius. They were connected by a tunnel. Odyssey was the spacecraft with the crew's living area and the main controls. The Aquarius was smaller. It was designed for two crew members to land on the moon.

At first, the Apollo 13 mission was progressing perfectly. Their mission was to explore the surface of the moon by taking photographs and getting samples of the moon's surface. The crew were also going to film videos for television.

### **An Explosion**

On the evening of 13<sup>th</sup> April, disaster hit the Apollo 13. An explosion rocked the spacecraft. Swigert reported the explosion to mission control in Houston,





exclaiming, "Houston, we've had a problem here." An oxygen tank had exploded and caused serious damage. From the window, the astronauts could see gas escaping into the atmosphere. Worryingly, this gas was oxygen. There is no oxygen in space so without the oxygen tanks, the crew could not survive.



The explosion changed Apollo 13's story from a research mission into a rescue mission. The crew were stranded in space with a damaged spacecraft. It would take an immense amount of teamwork and resilience to get the crew safely home.

The crew moved into Aquarius, which became a lifeboat for them. The Odyssey was shut down to try and conserve as much power as possible for the journey home to Earth.

To return home, the crew had to run the spacecraft for just enough time to direct it to Earth. The timing had been carefully calculated by both mission control and the crew. If they were even a few seconds wrong, Apollo 13 would miss the Earth by thousands of miles. Everyone was relieved when the plan worked.

### Difficult Conditions Onboard

Life in space was very difficult for the crew. All power was turned off, except for essential systems. It was extremely cold and caused condensation. Water and food were strictly rationed, as some food became inedible with the cold. It was so cramped it was difficult for the crew to sleep. The astronauts were weakened by these conditions, even developing kidney infections. The crew were anxious, but felt supported by mission control, who were working hard to rescue them.

Soon there was another problem. Too much carbon dioxide had built up. The crew of Apollo 13 had to build a special filter using only the contents of the Aquarius. Over the radio, mission control helped the crew build the filter using plastic bags, cardboard and a sock to fix the problem.

To re-enter the Earth's atmosphere, the crew moved back into Odyssey. They hoped there was enough power. As the crew detached the Odyssey and floated

back down to Earth, they saw the damage from the explosion. They had been extremely fortunate to survive the damage.

### Returning Home

On 17<sup>th</sup> April, the Apollo 13 crew splashed into the Pacific Ocean, near to Samoa. Millions of people around the world watched the Apollo 13's journey and saw the crew land on television. The world celebrated the crew's safe return.

Apollo 13 is regarded as a 'successful failure' for NASA. The mission failed to reach the moon, but the crew returned home safely. Apollo 13 showed the world that, by working together, even when miles apart, any problem can be solved.



# Apollo 13 Questions

1. Where was the Apollo 13 launched from? Tick **one**.

- ☐ Kennedy Space Centre
- ☐ Houston Space Centre
- ☐ Washington Space Centre
- ☐ New York Space Centre

2. Which members of the Apollo 13 crew had never been to the moon before? Tick **two**.

- ☐ Jack Swigert
- ☐ James Lovell
- ☐ Fred Haise

3. Why did the Apollo 13 mission start with bad luck?

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4. Look at the section titled **An Explosion**. Find and copy one word that means to not give up and keep going.

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5. What did Jack Swigert say at the time of the explosion?

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6. How do you think the crew might have felt when they saw oxygen escaping into space from their window? Explain your answer.

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7. Explain why the conditions onboard the Aquarius were very difficult for the crew.

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8. **Without mission control's teamwork, the crew of the Odyssey would never have made it home.**

Do you agree with this statement? Explain your answer.

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## Writing

### Comic Strip


You could write it as a full story or you could write it as a comic strip. It is up to you!

## Story template

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Descriptive Settings: Spaceship

## What Can I Describe?

airlock  
aliens  
asteroid  
astronauts  
atmosphere  
buttons  
capsule  
craft  
excursion module  
levers  
mothership  
noise  
orb  
orbit  
robot  
spacesuit  
speed  
teleporter  
vessel  
view  
wormhole

## How Can I Describe It?

advanced  
authentic  
capable  
experimental  
futuristic  
gigantic  
interstellar  
lunar  
majestic  
manned  
mysterious  
ovoid  
planetary  
powerful  
scientific  
skilled  
spherical  
spinning  
strange  
vast  
winged

## What Can It Do?

accelerate  
appear  
approach  
board  
carry  
circle  
collide  
equip  
hover  
hurtle  
illuminate  
land  
launch  
move  
orbit  
pass  
pilot  
propel  
send  
travel  
venture

## Examples of Effective Phrases

...we swiftly advanced towards the module...

A merry surge of static triggered the shuttle's alarm...

The mysterious being had a name: Teletron.

...majestic launch in a blaze of white light...

...a series of mechanical levers and complex switches...

...hurtled towards our futuristic mothership.





# Journey into Space

## Descriptive Words

### How Could Space Explorers Feel?

amazed, anxious, apprehensive, astounded, awestruck, delighted, delirious, determined, enamoured, fearful, flabbergasted, intimidated, panic-stricken, petrified, sickly, uneasy

### What Might Extraterrestrial Life Be Like?

advanced, amicable, bizarre, disembodied, exogenous, extrinsic, fantastical, hostile, humanoid, intelligent, malevolent, otherworldly, phantasmal, primitive, sentient, telepathic, unfamiliar



### How Might a Spaceship Move?

ascend, descend, forge, gravitationally, lightspeed, meander, weave, zip

### How Could the Universe Be Described?

alternative, boundless, chaotic, cosmic, expansive, fantastic, harmonious, hostile, incomprehensible, infinite, limitless, mysterious, observable, orderly, parallel, phenomenal, starry, vast

### What Might a Planet Be Like?

airless, arid, crowded, desolate, dimpled, distant, doomed, fiery, frozen, gaseous, habitable, hostile, inhabited, lifeless, mountainous, orbiting, plundered, revolving, rocky, spinning, unexplored

### What Could a Spaceship Be like Inside?

cramped, derelict, electronic, futuristic, gigantic, manned, modular, strange, unmanned

### What Might Clothing Be Like?

armoured, bulky, cumbersome, custom, heavy, insulated, lightweight, pressurised, protective, sealed, special, thermal, ventilated, white





## Advice on the structure of your story.

**Paragraph 1 = this paragraph could be about setting the scene introduce your characters and their plan/ reasons for going into space think about /training/ going to research something/feelings about the idea**

**Paragraph 2 = this could be the week or day before launch include final checks and feelings emotions...**

**Paragraph 3 = THE LAUNCH what happened, how long it takes what it feels like/arriving in space/what you can see**

**Paragraph 4 = what you have discovered there are you staying or returning home? It is up to you but think about how your story will end.**

## Spellings

**Task** = practice using the suffix 'ive'

Learn these spellings and their meaning.

1. attractive
2. creative
3. addictive
4. assertive
5. abusive
6. co-operative
7. exhaustive
8. appreciative
9. offensive
10. expressive

Use them in a sentence.

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# Earth and Space

t p a e v h a e r t u n  
g l s m e r c u r y t e  
s u h e a r t j u n d p  
m t s a t u r n a h a t  
a o u b r i e a r t h u  
r y n w t n o p l b y n  
s i p l a n e t s v u e  
q o i t j u p i t e r u  
e m p s a c v t y n r i  
r a w t e b q p i u i u  
n u r a n u s k s s d g  
i e b r k f g w t e i b

Sun  
Mercury  
Venus  
Earth  
Mars  
Jupiter

Saturn  
Uranus  
Neptune  
Pluto  
star  
planets



## **SPAG**

### Inserting dashes

1. Put the dashes into the following sentences.

- a. I woke up this morning to see that it had been snowing overnight my car was completely covered.
- b. My cat who is eighteen years old sleeps for up to twenty hours a day.
- c. Jake did an amazing audition for the show he really impressed the panel.
- d. Priya Anand the only girl on the team scored the winning goal.

2. Add your own parenthesis to the following sentences.

- a. Sam Taylor – \_\_\_\_\_ – won the skipping race.
- b. My dog can run very quickly – \_\_\_\_\_.
- c. The car – \_\_\_\_\_ – smashed into the fence.
- d. The hedgehog curled into a ball – \_\_\_\_\_.

3. Add your own parenthesis to the following sentences. For these sentences, decide for yourself where the best place in the sentence to place the parenthesis is. (It might be within the sentence or at the end.)

- a. My guinea pig managed to squeeze out of a hole in his run and to escape.

\_\_\_\_\_

- b. I am so tired.

\_\_\_\_\_

- c. A new supermarket has opened in our town.

\_\_\_\_\_

- d. Buckingham Palace was the first place we visited when we arrived in London.

\_\_\_\_\_



# The Dramatic Dash

## James Bond Style

To use dashes to show parenthesis.



Look at the sentences below. Join each sentence to make a dramatic parenthesis.

Start of the Sentence
His Aston Martin pulled into the car park –
James Bond scanned the room –
Miss Money Penny smiled across the room –
He looked at his watch –

Dramatic Parenthesis
his enemy was trying to disguise himself.
this was the secret signal he had been waiting for.
he had no idea of the danger he faced.
would he need to use the secret gadget to get him out of danger?

Write the sentences below. Remember when the parenthesis is completely removed, the sentence still needs to be grammatically correct.

Example: It was a long wait – perhaps the longest of his life.

# Maths

## Level 1

$\begin{array}{r} 581 \\ + 238 \\ \hline \end{array}$	$\begin{array}{r} 672 \\ - 339 \\ \hline \end{array}$	$\begin{array}{r} 760 \\ - 325 \\ \hline \end{array}$	$\begin{array}{r} 902 \\ + 378 \\ \hline \end{array}$
$\begin{array}{r} 609 \\ - 526 \\ \hline \end{array}$	$\begin{array}{r} 326 \\ + 419 \\ \hline \end{array}$	$\begin{array}{r} 487 \\ + 133 \\ \hline \end{array}$	$\begin{array}{r} 569 \\ + 650 \\ \hline \end{array}$

Solve the following problems:

- There are 167 books in one classroom and 392 books in the other. How many books are there altogether in both classrooms?
- Jay has a collection of 263 football cards. His brother has 189. How many more football cards does Jay have?
- A family drive 208 miles from London to Manchester, and then 213 miles on to Glasgow. How far did they travel altogether?
- A cricket team score 456 in the first innings and 249 in the second innings. How many runs did they score altogether?
- Jenny has £5.67. She spends £2.85 on a present for her brother. How much money does she have left?



Can you find the mystery code before time runs out?

Find the missing digits in these calculations. Each missing digit represents a letter of the alphabet. Once you have completed all of the calculations, complete the anagram to reveal the code words.

Don't forget: a 4 in the hundreds column means 400, not 4!

200	100	7	30	90	4	80	400	3	40
W	G	E	B	S	Y	B	R	A	T

e.g.  $\boxed{1}52 + 349 = 501$

The missing number is 100. 100 is the letter 'G'.

Word One:

- $$\begin{array}{r} 535 \\ + 2\boxed{4} \\ \hline 769 \end{array}$$
 letter \_\_\_\_\_
- $$\begin{array}{r} \boxed{8}6 \\ - 358 \\ \hline 128 \end{array}$$
 letter \_\_\_\_\_
- $$\begin{array}{r} \boxed{4}9 \\ + 593 \\ \hline 842 \end{array}$$
 letter \_\_\_\_\_
- $$\begin{array}{r} 32\boxed{ } \\ - 294 \\ \hline 30 \end{array}$$
 letter \_\_\_\_\_
- $$\begin{array}{r} 95\boxed{ } \\ + 394 \\ \hline 1351 \end{array}$$
 letter \_\_\_\_\_
- $$\begin{array}{r} \boxed{3}4 \\ - 235 \\ \hline 199 \end{array}$$
 letter \_\_\_\_\_



## Level 2

$$\begin{array}{r} 1 \quad 4078 \\ + 7806 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \quad 3020 \\ + 7033 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \quad 8389 \\ + 2094 \\ \hline \end{array}$$

$$\begin{array}{r} 4 \quad 1938 \\ + 8398 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \quad 6873 \\ - 5175 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \quad 7043 \\ - 5878 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \quad 7861 \\ - 7200 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \quad 9803 \\ - 1985 \\ \hline \end{array}$$

1. On Sunday I spent 144 minutes on my art project and 45 minutes on my numeracy homework. On Thursday evening I spent a total of 111 minutes on my homework. What is the difference between the amount of homework I did on Sunday and Thursday evening?



2. Dad drives a truck. Last week he drove 267 miles on Monday, 186 miles on Tuesday and 198 on Wednesday. This week Dad drove 282 miles in total. What is the difference in mileage between this week and last week?



$$\begin{array}{r} a) \quad \boxed{\phantom{0}} \quad 3 \quad 4 \quad 1 \\ + \quad 7 \quad 5 \quad 4 \quad 3 \\ \hline \quad 9 \quad 8 \quad \boxed{\phantom{0}} \quad 4 \end{array}$$

$$\begin{array}{r} e) \quad 6 \quad 0 \quad 7 \quad \boxed{\phantom{0}} \\ + \quad 2 \quad 2 \quad 8 \quad 3 \\ \hline \quad \boxed{\phantom{0}} \quad \boxed{\phantom{0}} \quad 3 \quad 5 \quad 5 \end{array}$$

$$\begin{array}{r} b) \quad 4 \quad 5 \quad 3 \quad \boxed{\phantom{0}} \\ + \quad 1 \quad 2 \quad 2 \quad 2 \\ \hline \quad 5 \quad \boxed{\phantom{0}} \quad 5 \quad 3 \end{array}$$

$$\begin{array}{r} f) \quad 5 \quad 1 \quad 1 \quad 6 \\ + \quad 8 \quad 4 \quad 3 \quad 2 \\ \hline \quad \boxed{\phantom{0}} \quad \boxed{\phantom{0}} \quad 5 \quad 4 \quad 8 \end{array}$$

$$\begin{array}{r} 7 \quad \boxed{\phantom{0}} \quad 2 \quad 0 \\ - \quad 8 \quad 4 \quad 9 \\ \hline 6 \quad 6 \quad 7 \quad 1 \end{array}$$

$$\begin{array}{r} 3 \quad 9 \quad \boxed{\phantom{0}} \quad 3 \\ - \quad \boxed{\phantom{0}} \quad 1 \quad 0 \\ \hline 3 \quad 4 \quad 2 \quad 3 \end{array}$$

$$\begin{array}{r} 2. \quad 6 \quad 4 \quad 7 \quad 1 \\ - \quad 6 \quad \boxed{\phantom{0}} \quad 9 \\ \hline 5 \quad 7 \quad 8 \quad 2 \end{array}$$

$$\begin{array}{r} 5. \quad 3 \quad 4 \quad 9 \quad \boxed{\phantom{0}} \\ - \quad 8 \quad \boxed{\phantom{0}} \quad 5 \\ \hline 2 \quad 6 \quad 1 \quad 5 \end{array}$$

### Level 3

$$\begin{array}{r} 1. \quad 743421 \\ - 139234 \\ \hline \end{array}$$

$$\begin{array}{r} 2. \quad 524132 \\ - 231210 \\ \hline \end{array}$$

$$\begin{array}{r} 3. \quad 852132 \\ - 714011 \\ \hline \end{array}$$

$$\begin{array}{r} 4. \quad 284476 \\ + 558294 \\ \hline \end{array}$$

$$\begin{array}{r} 5. \quad 685861 \\ + 750194 \\ \hline \end{array}$$

$$\begin{array}{r} 6. \quad 949829 \\ + 685627 \\ \hline \end{array}$$

$$\begin{array}{r} 1. \quad \begin{array}{ccccccc} 1 & \square & 7 & \square & 2 & 6 & \\ + & 1 & 1 & 6 & \square & \square & \\ \hline 1 & 8 & 9 & 3 & 8 & 6 & \end{array} \end{array}$$

$$\begin{array}{r} 2. \quad \begin{array}{ccccccc} 8 & 8 & \square & 5 & 3 & \square & \\ + & \square & 5 & \square & 6 & 4 & \\ \hline 9 & 7 & 7 & 3 & 0 & 1 & \end{array} \end{array}$$

$$\begin{array}{r} 3. \quad \begin{array}{ccccccc} 1 & 3 & \square & 1 & 4 & \square & \\ + & \square & 6 & 5 & \square & 7 & \\ \hline 1 & 5 & 6 & 7 & 1 & 5 & \end{array} \end{array}$$

$$\begin{array}{r} 4. \quad \begin{array}{ccccccc} 4 & \square & 8 & \square & 2 & 8 & \\ + & 1 & 7 & 6 & \square & \square & \\ \hline 4 & 2 & 6 & 2 & 4 & 2 & \end{array} \end{array}$$

$$\begin{array}{r} 5. \quad \begin{array}{ccccccc} 7 & 0 & \square & \square & 5 & 0 & \\ + & \square & 7 & 5 & 9 & \square & \\ \hline 7 & 9 & 0 & 3 & 4 & 7 & \end{array} \end{array}$$

$$\begin{array}{r} 6. \quad \begin{array}{ccccccc} 5 & \square & 4 & 3 & \square & 5 & \\ + & 9 & \square & \square & 8 & 2 & \\ \hline 6 & 6 & 2 & 7 & 6 & 7 & \end{array} \end{array}$$

1. In the library, there are 36054 science books on the top shelf, and 2425 science books on the bottom shelf. How many science books are there altogether?

2. There are 11485 picture books in the library. On Monday 2333 were taken out and on Tuesday 3212 are taken out. How many picture books are left?

3. Two classes collected marbles. One class had 33672 marbles, the second class had 36820.

a) How many marbles did both classes have?

b) Which class had the most marbles and by how many?

4. There were 9852 pieces of sports equipment. Sadly, 2329 pieces were ruined in a flood. The PTA bought 3650 more pieces.

How many pieces of sports equipment are there?

5. There were 39512 books in a library. 1500 each book out a book. How many books were left in the library?

6. In a lorry, there were 48512 pieces of fruit. 21235 were bananas and 13621 were oranges. How many apples were there in the lorry?

# Solar System Code Breaker

## Amazing Fact

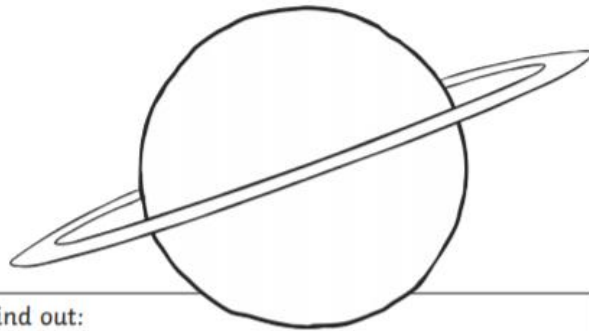
The sun is so big that it could fit approximately 1.3 million Earths inside it (if they were squashed up).

## Challenge

Crack the codes on the following pages using the table below to work out the solar system words.

a	b	c	d	e	f	g	h	i	j	k	l	m
1	2	3	4	5	6	7	8	9	10	11	12	13

n	o	p	q	r	s	t	u	v	w	x	y	z
14	15	16	17	18	19	20	21	22	23	24	25	26



You could also try to find out:

- what the sun would look like from the other planets in our Solar System;
- what the biggest planet is in our Solar System;
- how far away Earth is from the Sun.



## Solar System Code Breaker

$20 - 1 =$

$13 + 7 =$

$16 - 15 =$

$12 + 6 =$

$9 + 10 =$

Word: \_\_\_\_\_

$10 + 4 =$

$15 - 10 =$

$8 + 8 =$

$20 + 0 =$

$25 - 4 =$

$7 + 7 =$

$13 - 8 =$

Word: \_\_\_\_\_

$12 - 9 =$

$7 + 8 =$

$5 + 8 =$

$12 - 7 =$

$12 + 8 =$

$15 + 4 =$

Word: \_\_\_\_\_

$6 + 7 =$

$16 - 11 =$

$10 + 8 =$

$7 - 4 =$

$14 + 7 =$

$26 - 8 =$

$31 - 6 =$

Word: \_\_\_\_\_



## Design your own planet.



# Design a Planet



You have discovered a brand new planet! Complete an astronaut report to send to Mission Control about what you have found.

### Key Facts

Colour: \_\_\_\_\_

Size: \_\_\_\_\_

Number of moons: \_\_\_\_\_

### Inhabitants

(People Who Live There)

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Name of Planet: \_\_\_\_\_

Other information: \_\_\_\_\_

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### Surface

Materials: \_\_\_\_\_

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Signs of life (water, oxygen):

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## Wellbeing

## GOAL SETTING

It is important to give yourself some motivation by setting personal goals. It gives you a sense of purpose that can improve your confidence and build your self-esteem.



Set yourself between 1-3 goals that you feel you would like to achieve this week.

They can be as simple or difficult as you like.

Consider the following:

- what it is
- how you will achieve it
- if you need someone to support you
- how long it will take to achieve
- how you will feel when it is accomplished