

GOAL - PLAN - DO - REVIEW Worksheet

GOAL

- Meaningful
- Doable
- Little bit challenging

PLAN

- WHAT I'll do
- DATE and TIME
- WHERE & HOW I'll get there
- WHAT I need to take with me

- Plan ahead for things that might get in the way:

To Do #1

To Do #2

To Do #3

If:

Then, I will:

My reward for success:

DO

- My supports
- Reminders
- Stay focused
- Check in

REVIEW

- What went well
- Problems
- What I learned
- What next?

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