

Short-term Goal _____

THE BELOW ACTION PLANS INDICATE BEHAVIORS YOU HAVE TO DO TO HELP YOU ACCOMPLISH YOUR short-term GOAL.

- A teacher, counselor or parent should approve the action plan.
- Action plans should be things you are capable of doing but that you need to work to remember when to do each of these during specific times.
- When you review how you are doing on your action plans, choose a date (perhaps you will review them daily, weekly?)
- Put an “+” on next to the action plan, on the date you are recording it, to demonstrate you accomplished working on that action plan.
- Place a “-” in the date box corresponding with an action plan you did not achieve.
- Place a “=/-” in the date box if you met it half way or half the time.

Action plans described:	DATE	DATE	DATE	DATE
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Explore how you graded yourself on your action plans. Now consider what challenges you faced in doing the action plans. Explain these challenges as “roadblocks” or negative things you said to yourself that kept you from working on doing the action plan (self-defeating comments). **Roadblocks/self-defeater comments/excuses:**

Explore the strategies you used that encouraged you to do the action plan. How did you remember to do it? How did you self-monitor doing the action plan? What positive message did you say to yourself to encourage you to do these new behaviors? Explain these as: **Strategies that helped you succeed (inner coach):**

Explore what you are learning about your own learning by attempting to meet these action plans, which then help you meet your goal. Or what you learned about yourself when you did not really attempt to change any of your behaviors: **What did you learn about yourself?**

Revise your action plans as needed and keep trying!