My Goal-Plan-Do-Review

Name: ___________________________ Date: ___________________________

**GOAL**

What do I want to achieve?

Why does this matter to me?

**PLAN**

What steps will I take?

How will I do it? When? Where?

What might get in my way? What could I do to overcome these challenges?
DO

What small first will I take?
How will I reward myself?
Who will I check in with?
What will help me stay encouraged and on track?

I will do it by: ___________________

REVIEW/REVISE

What went well?
How did it go overall?
What got in my way and what strategies helped me?

What could I do differently next time?