

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?