

GOAL, PLAN, DO, REVIEW, AND REVISE: AN EXECUTIVE-FUNCTION INFORMED GOAL ACHIEVEMENT FRAMEWORK



Step #1: Set a Goal – something you want to accomplish

Step #2: Develop a Plan for how to get from here to there

Step #3: Do the Plan – put it into action

Step #4a: Review and assess your progress

Step #4b: Revise – take the next step, make a new plan, or set a new goal