

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