

Date _____ Subject _____

Name _____

Goal and Action Plan

Recognizing my personal characteristics in order to make good use of personal resources

1 ▶ Learning From The Past

What strategies have I tried in the past that helped me reach a goal? ▼

2 ▶ Plan Of Action

What do I need to accomplish my goal? ▼

What is my goal? ▼

How did I carry out my goal? ▲
What changes did I make from my original plan of action because of problems and obstacles?

Did I meet my goal? ▲
What will I do next?

3 ▶ Development

4 ▶ Conclusion

