

A Good Plan is how you make your goal a reality. You can review the goal setting handout to learn more about setting **S.M.A.R.T. Goals**.

A Good Plan Is

Simple: Something that is easy to do.

Measurable: You know if you've done it or not.

Attainable: You believe you can do it.

Dependent Only on You: You can do it no matter what anyone else is doing.

A Good Plan Has A

Who: That would be you. All plans are in the first person "My plan ..."

What: What are you going to do? Pretty much a restatement of A Good Plan Is.

Why: What benefit do you see for yourself when you complete this plan?

How: How are you going to accomplish your plan? What are the steps you need to take to be successful in completing your plan?

When: What is your time frame for starting and completing this plan?

Where: Where will this plan take place? (home, school, community, etc.)

A Good Plan Maker

Sets specific times to assess how the plan is working.

Evaluates the plan rather than criticizing or blaming self or others.

Explores ways to modify the plan if there are problems

Seeks advice or input from others to craft a revised plan as needed

My Plan:

What I am going to do?

Why I am going to do it?

When I am going to do it?

How I am going to do it?

My Revised Plan:

What I am going to do differently.

Why I think this change will help me be successful.

When I am going to do it.

How I am going to do it.