

Make a Plan!

Planner Sheet



1. What am I going to do?

2. When am I going to do it?

3. What problems or difficulties could arise, and how can I overcome them?

Is my planned task -

Q. Useful for understanding or changing how I am?

Yes

No

☐☐

Q. Specific, so that I will know when I have done it?

Yes

No

☐☐

Q. Realistic, practical and achievable?

Yes

No

☐☐

My notes: