

Goal
Plan.
Do.
Review.

Goal:

What do I want to accomplish: _____

Why do I want to do this: _____

Plan:

Materials/Equipment

1. _____
2. _____
3. _____

Steps/Tasks

1. _____
2. _____
3. _____

Prediction:

How well will I do? How much will I get done?

Self rating: 1 2 3 4 5 6 7 8 9 10

Do:

What problems might arise?

1. _____
2. _____
3. _____

Formulate solutions!

1. _____
2. _____
3. _____

Review:

How did I do?

Self rating: 1 2 3 4 5 6 7 8 9 10

What worked?

1. _____
2. _____
3. _____

What didn't work?

1. _____
2. _____
3. _____

What will I try differently next time? _____
