



Welcome!

Please register your device

registration code

Submit



Hello, Tom!

General Strategy

Strategy Worksheet

Messaging





Goal

Who?

What?

When?

Where?

Example



Plan

Identify a plan to address your goal:

Set the table for my family

Materials:

Dishes, silverware, napkins, placemats

Steps:

1. Get Dishes
2. Get silverware
3. Get napkins
4. Arrange on Table

Is the plan safe?

YES

NO

Predict your performance:





Do

Do it!

Then rate your actual performance:



Example



Check

Did you do your plan?

YES

NO

If no, explain...

Do you need assistance?

YES

NO

If no, explain...

Do you want to try this goal again?

Answer here...

Do you want to revise your plan?

Answer here...