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Illustrations by Lee Woods



Zarrow Center for Learning Enrichment

Date _____

Take Action StepsSteps for Accomplishing a Goal

Write the s	teps in	the correct	order or	n the blanks.
STEPS:	Act	Adjust	Plan	Evaluate
1.				
2				
<i>3.</i>				
4				

Take Action Reproducibles PAGE 1

Do your short-term goals need to be completed in a certain sequence? If yes, number them in that sequence

on the lines below the boxes.

Date **Breaking Down Long-Term Goals** no yes Is the short-term goal a smaller goal that will lead to your long term goal? no What you want to accomplish Is the short-term goal one you can work on this week? Write your long-term goal in the box below. Smaller goals leading to your long-term goal you can start working on this week Short-Term Goals Long-Term Goal Write your short-term goals in the boxes below. Name

Take Action Reproducibles PAGE 2

no

yes

no

yes

s the short-term goal one you can work on this week?

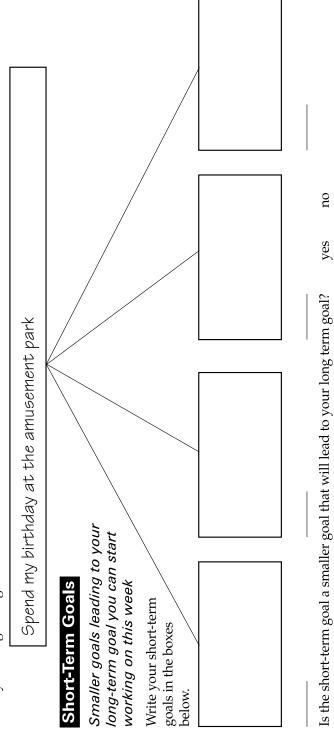
Breaking Down Long-Term Goals Roland Coaster's

Roland Coaster's Story

Roland wants to spend his birthday with his friends at Joy Rides Amusement Park. He went there with his friend John on John's birthday and it was really fun. The problem is Roland doesn't know how to get there, when it's open, or how much it costs. To go, he'll need to get that information.

What you want to accomplish Long-Term Goal

Write your long-term goal in the box below.

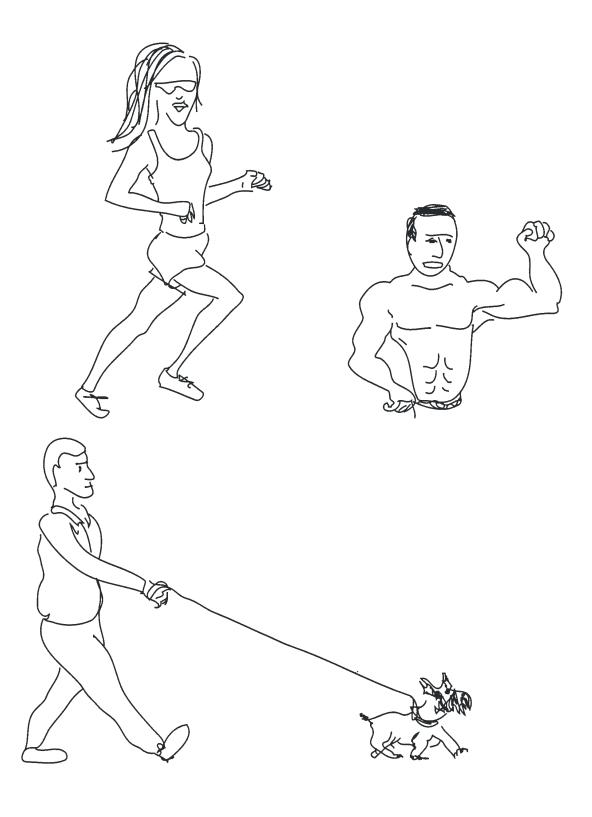


Sequence

Do your short-term goals need to be completed in a certain sequence? If yes, number them in that sequence on the lines below the boxes.

PAGE 3 Take Action Reproducibles

Short-Term Goal: Exercise Regularly



Take Action Plan Parts

Name		Date	
	ı	Directions	
		ou will ask yourself when you is the first step in the <i>Take Acti</i>	
Plan Parts		Question I ask mys	elf
\$25,000.	Standard .		
Motivation			J. R. S.
			FRIDAY
Schedule	Support _		Fix Broken Mirror
Feedback			

Kristal's Breaking Down Long-Term Goals

Kristal

Kristal is sixteen but she doesn't have her driver's license yet. Her mom has to drive her places and her brothers, who June 15 Date_ embarrass her, always want to ride along. She wants to get her license by the time school starts. no yes Is the short-term goal a smaller goal that will lead to your long term goal? Kristal's Story Long-Term Goal What you want to accomplish To get my driver's license Write your long-term goal in the box below. Smaller goals leading to your long-term goal you can start working on this week Short-Term Goals Write your short-term goals in the boxes

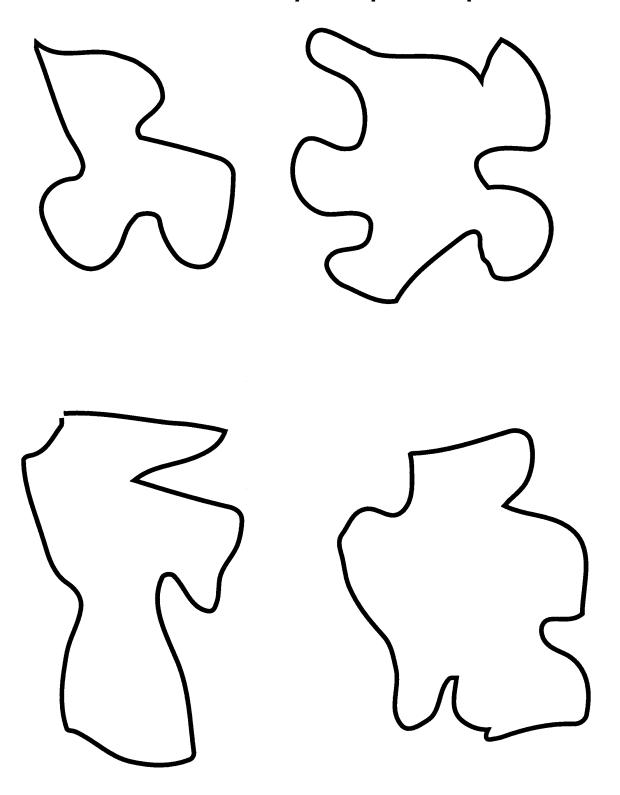
Sequence

Is the short-term goal one you can work on this week?

Do your short-term goals need to be completed in a certain sequence? If yes, number them in that sequence on the lines below the boxes.

no

Feedback Activity - Shapes Template



Kristal's

Take Action (page 1)

| Cana Action (page

Short-Term Goal Learn to drive

	Hebback How will I get information on m performance?	
	SUPPORT What help do I need?	
Part 1: Student Plan	SCHEDULE When will I do this?	
Part 1: St	STRATEGY What methods should I use?	
	MOTIVATION Why do I want to do this?	
	STANDARD What will I be satisfied with?	

Take Action Review

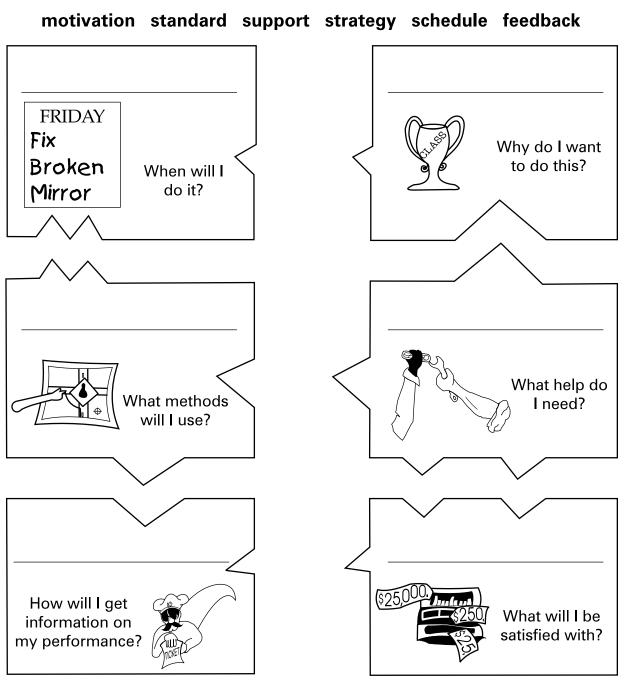
How will I get What help do When will I What will I be satisfied What methods should Why do I want to do it? Description on my I need? do it? with? I use? this?	lo When will I do it? ON STRATEGY	Find the question that explains		part of a plan. Wri	each part of a plan. Write it under the correct part of the plan.	rrect part of the plan.	
What help do When will I I need? do it?	What help do When will I loed? Ineed? MOTIVATION STRATEGY			QUES	STIONS		
	MOTIVATION STRATEGY SCHEDULE SUPPORT	How will I get brmation on my berformance?	What help do I need?	When will I do it?	What will I be satisfied with?	What methods should I use?	Why do I want to do this?
		TANDARD	MOTIVATION	STRATEGY	SCHEDULE	SUPPORT	FEEDBACK

Take Action Plan Puzzle

Name Date

Directions: Write the plan part in each box that matches the illustration and question.

Plan Parts



Take Action Reproducibles

PAGE 10

Take Action (page 1)

Buff's Story

pounds. He started lifting weights in January. When he started he could bench press 50 pounds. He worked out three Buff is 16 years old and wants to go out for the football team. That's why he wants to be physically fit. He weighs 120 times per week and now he can bench press 80 pounds. Football tryouts are in the middle of July and he wants to be able to lift 130 pounds by then.

Long-Term Goal Be physically fit

Short-Term Goal Exercise reaularly

	FEEDBACK How will I get information on my performance?	Ask my girlfriend how I look
	SUPPORT What help do I need?	None
Part 1: Student Plan	SCHEDULE When will I do this?	Mondays, Wednesdays, Fridays
Part 1: St	STRATEGY What methods should I use?	Use ligher weights and gradually build up
	MOTIVATION Why do I want to do this?	Want to make the football team
	STANDARD What will I be satisfied with?	Bench press 130 pounds by mid July

Take Action Plan Critique Transparency

Short-Term Goal

STANDARD	MOTIVATION	STRATEGY	SCHEDULE	SUPPORT	FEEDBACK
Is the standard too hard to reach?	Will this help you work on your goal this week?	Do you have the skills to do this strategy?	Is there a set time to take action?	Can you rely on this support?	If a person is giving you feedback, does the person know about
Is the standard too easy to reach?		Has this strategy worked for you before?	Can you do this schedule?	Will you need more?	your standard and performance? Does the feedback help vou keep
Do you think this will be the right standard?		Do you think this strategy will work?	Do you think this schedule will work?	Does the person have the skills to help you in this way?	track of your performance and how close you are to meeting your goal?
				Do you think this support will be helpful?	Will you get the feedback in time? Do you think this feedback will be helpful?
What parts of the pl	an do you think w	What parts of the plan do you think will be most effective?			
Why?					
What parts of the pl	an do you think w	What parts of the plan do you think will be least effective?			
Why?					
What changes would you make in the plan?	d you make in the	plan?			

Roland Coaster's Take Action (page 1)

Name Roland Coaster

Date June 23

Roland's Story

Roland wants to spend his birthday with his friends at Joy Rides Amusement Park. He went there with his friend John on John's birthday and it was really fun. The problem is Roland doesn't know how to get there, when it's open, or how much it costs. To go, he'll need to get that information.

General Goal_Spend my birthday at the amusement park

Specific Goal Get information about the amusement park

	FEEDBACK How will I get information on my performance?	Write down the information John gives me and see if I have everything I need
	SUPPORT What help do I need?	John will give me the information
Part 1: Student Plan	SCHEDULE When will I do this?	l'll ask John when I see him in class
Part 1: St	STRATEGY What methods should I use?	want to spend my Ask John to give me birthday at the the information amusement park
	MOTIVATION Why do I want to do this?	
	STANDARD What will I be satisfied with?	Get all the information about the amusement park: the cost and the times it is open, the location

Take Action Plan Critique

Name (Critiquer). Name (Planner)_

Long-Term Goal_Short-Term Goal

IOTIVATION STRATEGY SCHEDULE SUPPORT FEEDBACK	Do you have the skills to do this to do this strategy?	Has this strategy worked for you before? Has this strategy before? Will you need performance? Schedule? Does the feedback before?	Do you think this strategy will work? Do you think this schedule will work? Do you think this schedule will help you in this work? Do you think this schedule will help you in this work?	Will you get the Do you think this feedback in time?	Support will be helpful? helpful? feedback will be helpful?	What parts of the plan do you think will be most effective?			Why? What parts of the plan do you think will be least effective?	do you think will be least effective?	do you think will be least effective?	Why? What parts of the plan do you think will be least effective? Why? Why?
MOTIVATION	Will this help you work on your goal this week?		. σ			an do you think wil			an do you think wil	an do you think wil	an do you think wil	an do you think wil
STANDARD	Is the standard too hard to reach?	Is the standard too easy to reach?	Do you think this will be the right standard?			What parts of the pla	Why?	. (What parts of the pla	What parts of the pla Why?	What parts of the plants Why?	What parts of the plants woulk

Take Action Quiz (page 1) Lessons 1-4

Name		Date
I. Match the terms on the le correct description in the bla		e description on the right. Write the letter of the ront of each term.
TERMS		DESCRIPTIONS
1 Long-term goal	A.	decide what you will do
2 Short-term goal	B.	goal that takes a long time to accomplish
3 Take Action Steps	C.	decide what worked and didn't work in your plan and action
4 Plan	D.	take action on your plan
5 Act	Е.	a smaller goal you can start on right away and that leads to a long-term goal
6 Evaluate	F.	change anything that didn't work
7 Adjust	G.	a process to help you accomplish your goals
II. Match the correct questi	on to e	ach of the plan parts.
PLAN PARTS		QUESTIONS
8 Standard	A.	How will I get the information on my performance?
9 Motivation	В.	What will I be satisfied with?
10 Strategy	C.	What help do I need?
11 Schedule	D.	Why do I want to do this?
12 Support	E.	What method will I use?
13 Feedback	F.	When will I do this?

III. Read Michelle Pass' story and plan on page 2 of the quiz. Answer the questions on the Take Action Plan Critique on page 3 of the quiz.

Take Action Reproducibles PAGE 15

Michelle Pass' Take Action Quiz (page 2)

Lessons 1-4

Name Michelle Pass

Date March 15

Michelle Pass' Story

homework in, but she hasn't done well on the tests. To pass, she has to get a "B" on the next unit test. Her parents said Michelle's parents are upset with her because her grade in social studies has dropped. They want her to keep a "B" grade point average. In order to do this she needs to pass social studies class. Mr. Jones, the social studies teacher, gives grades for homework, participating in class, and tests. Michelle likes participating in class and turns her they will ground her if she doesn't get a good grade in social studies.

Long-term Goal Pass the class

Short-term Goal Get a "B" on the unit test

⋛

		Part 1: St	Part 1: Student Plan		
STANDARD What will I be satisfied with? with? Why do I want to do this?	MOTIVATION Why do I want to do this?	STRATEGY What methods should I use?	SCHEDULE When will I do this?	SUPPORT What help do I need?	FEEDBACK How will I get information on my performance?
Get a "B" on the test	To keep from getting grounded	Study with a friend	Study with Joe all day Sunday before the test	Study with Joe	See what my grade is on the test

Take Action Plan Critique Take Action Quiz (page 3) Lessons 1-4

Name (Critiquer) Name (Planner)_Michelle Pass

Short-Term Goal Long-Term Goal

STANDARD	MOTIVATION	STRATEGY	SCHEDULE	SUPPORT	FEEDBACK
Is the	Will this help	Do you have the	Is there a set time	Can you rely on	If a person is
standard too hard to reach?	you work on your goal this	SKIIIS to do this strategy?	to take action:	uns support	giving you feedback, does the
	week?	. 10			person know about
Is the		Has this strategy	Can you do this schedule?	Will you need more?	your standard & performance?
standard too easy to reach?		worked for you before?			Does the feedback help you keep
			Do you think this schedule will	Does the person have the skills to	track of your performance &
Do you think this		Do you think this	work?	help you in this	how close you are to meeting your
the right standard?		stategy will work:		. (2	goal?
				Do you think this	Will you get the feedback in time?
				support will be helpful?	Do you think this feedback will be helpful?
14. What parts of the plan do you		think will be most effective?	ve?	Why?	
15. What parts of the plan do you	e plan do you thin	think will be least effective?	ve?	Why?	
16. What changes would you make in the plan?	ould you make in	the plan?			

Take Action (page

Date	
Õ 	
	Directions
Name	

Write your long-term goal on the line below. Long-Term Goal

Write your short-term goal on the line below. Short-term goals are smaller goals that lead to your long-term goal Short-term goals are things you can work on during the next week. Short-Term Goal

Write a plan to accomplish your short-term goal. Complete the six parts of the plan by answering the questions in each box. 1. Plan

2. Action Next week, review your action. Answer the question, "Did I meet my short-term goal?" Answer the questions in each box on page 2 of this worksheet. 3. Evaluate After you complete the questions in Part 2. Action, evaluate whether each part of your plan worked. Write the reasons they did or didn't work in each box under Part 3: Evaluate. Answer the question, "What were the main reasons you got these results?" Look at your reasons in the Evaluate boxes. Decide which of those are the main reasons you got the results you did. Write them in the space under the question.

probably want to adjust the parts of your plan that didn't work. Write the changes in the boxes. Remember which parts of your plan did work Decide if you want to change your short-term goal. If you want to change it, write a new one on the line on page 3. You will so you can use them again. 4. Adjust

Long-Term Goal

Short-Term Goal

	FEEDBACK How will I get information on my performance?
	SUPPORT What help do I need?
Part 1: Student Plan	SCHEDULE When will I do this?
Part 1: St	STRATEGY What methods should I use?
	MOTIVATION Why do I want to do this?
	STANDARD What will I be satisfied with? with? with?

Take Action (page 1)

Long-Term Goal Get out of debt

Short-Term Goal Pay off Visa card

	FEEDBACK How will I get information on my performance?	Getting the Visa statement
	SUPPORT What help do I need?	Keep job and work steady hours
Part 1: Student Plan	SCHEDULE When will I do this?	Pay balance every month
Part 1: Stu	STRATEGY What methods should I use?	Have good credit Work and pay balance each month
	MOTIVATION Why do I want to do this?	Have good credit
	STANDARD What will I be satisfied with?	Zero balance on Visa card

Take Action (page Sean's

> Sean Name

Date <u>June 22</u>

Short-Term Goal Pay off Visa card

02 Did I meet my short-term goal?

Did I use support? SUPPORT vesDid I follow the SCHEDULE schedule? no Part 3: Evaluate Ses Part 2: Action Did I use the strategy? STRATEGY (no) yes MOTIVATION Was I motivated? (no) yes STANDARD Did I meet the no standard? Nes

Did I get feedback?

yes

Statement showed Why or why not? Was the feedback FEEDBACK what I owe helpful? (yes)Worked regular hours but I didn't pay the balance each month Why or why not? Did it work? ng SUPPORT Nes Paid every month but Why or why not? not full balance because I kept SCHEDULE charging on it Did it work? no yes on card for spending Worked but charged money & didn't pay Why or why not? STRATEGY Did it work? (no balance Nes but want spending Want good credit Why or why not? MOTIVATIO money more Did it work? no Nes Why or why not? Yes - want zero STANDARD Was it the right no standard? balance ves

no

short-term goal, consider the parts of the plan you answered "yes." If you didn't meet the short-term goal, consider What were the main reasons you got these results? Look at the Action and Evaluate sections. If you met your the parts you answered "no.

I keep charging on the card

helpful, what will If feedback wasn' **FEEDBACK** change? someone responsible to hold until İ pay off If my support didn't work, what will Give card to the balance SUPPORT change? payments until the If I didn't follow my schedule, what will 🛚 card is paid off SCHEDULE Make monthly change? OK or change? If change, new short-term goal Part 4: Adjust Stop charging on the If my strategy didn't work, what will I STRATEGY change? motivated, what will Still want to have MOTIVATION good credit If I wasn't I change? Short-term Goal? right, what will I !f standard wasn' STANDARD change?

Take Action (page 2)

				FEEDBACK	ee	yes 110		FEEDBACK	Was the feedback	helpful?	yes no Why or why not?	you met your n goal, consider		FEEDBACK	If feedback wasn't helpful, what will I change?	
Date				SUPPORT	ıs e) cs 110		SUPPORT	Did it work?	yes no	Why or why not?	What were the main reasons you got these results? Look at the Action and Evaluate sections. If you met your short-term goal, consider the parts of the plan you answered "yes." If you didn't meet the short-term goal, consider the parts you answered "no."		SUPPORT	If my support didn't work, what will I change?	
Ď			Part 2: Action	SCHEDULE	Did I follow the	yes no		SCHEDULE	Did it work?	yes no	Why or why not?	ok at the Action and ed "yes." If you didr	Part 4: Adjust ew short-term goal	SCHIEDUITE	If I didn't follow my schedule, what will I change?	
		YES NO	Part 2	STRATEGY	:he	yes IIO	Part 3:	STRATEGY	Did it work?	yes no	Why or why not?	t these results? Loo he plan you answer	Part 4: Adjust OK or change? If change, new short-term goal	STIRATTEGY	If my strategy didn't work, what will I change?	
				MOTIVATION	Was I motivated?	yes 110		MOTIVATION	Did it work?	yes no	Why or why not?	ain reasons you go nsider the parts of t ered "no."	OK or change?	MOTIVATION	If I wasn't motivated, what will I change?	
Name	Short-Term Goal_	Did I meet my short-term goal?		STANDARD	Did I meet the standard?	yes no		STANDARD	Was it the right	standard?	yes no Why or why not?	What were the main reasons y short-term goal, consider the par the parts you answered "no."	Short-term Goal?	STANDARD	If standard wasn't right, what will I change?	

Michelle Pass'

Take Action (page

Name Michelle Pass

Date March 15

Michelle Pass' Story

homework in but she hasn't done well on the tests. To pass, she has to get a "B" on the next unit test. Her parents said Michelle's parents are upset with her because her grade in social studies has dropped. They want her to keep a "B" grade point average. In order to do this she needs to pass social studies class. Mr. Jones, the social studies teacher, gives grades for homework, participating in class, and tests. Michelle likes participating in class and turns her they will ground her if she doesn't get a good grade in social studies.

What Happened

Joe got bored trying to study with her all afternoon so he stopped helping her. She still studied some on her own. She thought she knew the material but she got a "C" on the test.

Get a good grade on the unit test Short-term Goal

Long-term Goal Pass the class

Take Action (page 2) Michelle Pass'

Name Michelle

Short-Term Goal Get a good grade on the unit test

0N YES Did I meet my short-term goal?

			Part 2:	Part 2: Action		
	STANDARD	MOTIVATION	STRATEGY	SCHEDULE	SUPPORT	FEEDBACK
	Did I meet the	Was I motivated?	Did I use the strategy?	Did I follow the	Did I use support?	Did I get feedback?
	standard? yes (no)	(yes) no	(yes) no	$\frac{\text{schedule?}}{(\text{yes})}$ no	yes no	(yes) no
l .			Part 3: I	Part 3: Evaluate		
	STANDARD	MOTIVATION	STIRATIEGY	SCHEDULE	SUPPORT	FEEDBACK
	Was it the right	Did it work?	Did it work?	Did it work?	Did it work?	Was the feedback
	standard?	(yes) no	yes (no)	yes (no)	yes (nd)	helpful?
	(yes) no	Why or why not?	Why or why not?	Why or why not?	Why or why not?	yes no
	Why or why not?		,			Why or why not?
	Needed a "B" to pull Want good grades	Want good grades	l didn't get a high	l couldn't learn the	Joe got tired and	Got feedback too
	my grade average up	so I won't get	enough grade	material in one	went home	late
		grounded		afternoon		
<u></u>	What were the ma	in reasons you go	What were the main reasons you got these results? Look at the Action and Evaluate sections. If you met your	ok at the Action and	Evaluate sections. If	you met your
_	Short-term goal cor	S10 01 10 01 10 01 10 01 1	Short-term soal consider the barts of the blan voll answered "ves". It voll didn't meet the short-term soal consider		t moot the short-tor	th goal consider

late. It you didn't meet the short-term goal, consider I needed to study more than just one afternoon for the test. I also got the feedback about how well I knew the material too short-term goal, consider the parts of the plan you answered the parts you answered "no.

Part 4: Adjust

		1 all 4.	1 all 4. Aujust		
Short-term Goal?	OK or change?	OK or change? If change, new short-term goal	ort-term goal		
STANDARD	MOTIVATION	STRATEGY	SCHEDULE	SUPPORT	FEEDBACK
If standard wasn't	If I wasn't	If my strategy didn't	If I didn't follow my	If my support didn't	If feedback wasn't
right, what will I	motivated, what will	work, what will I	schedule, what will I	work, what will I	helpful, what will I
change?	I change?	change?	change?	change?	_ change?
	,	Study some every	Study every day	Don't rely on Joe to	Don't rely on Joe to Could take a pretest
		night the week before		study all day with me or Joe could quiz me	or Joe could quiz me
		the test		on Sunday	

Roland Coaster's Take Action (page 1)

Name Roland Coaster

Date_June 23

Roland's Story

Roland wants to spend his birthday with his friends at Joy Rides Amusement Park. He went there with his friend John on John's birthday and it was really fun. The problem is Roland doesn't know how to get there, when it's open, or how much it costs. To go, he'll need to get that information.

What Happened

arrangements. They got to the amusement park right at 9:00 when John said the park opened. Unfortunately the park Roland asked John for the information about the amusement park. Roland wrote it all down and made all the didn't open until 11:00 so they had to sit and wait.

General Goal_Spend my birthday at the amusement park

Specific Goal Get information about the amusement park

		Part 1: Str	Part 1: Student Plan		
STANDARD	MOTIVATION	STRATEGY	SCHEDULE	SUPPORT	FEEDBACK
What will I be satisfied with?	Why do I want to do this?	What methods should I use?	When will I do this?	What help do I need?	How will I get information on my performance?
Get all the information about the amusement park: the cost and the times they are open, the location	l want to spend my birthday at the amusement park	want to spend my Ask John to give me birthday at the the information amusement park	I'll ask John when I see him in class	John will give me the information	Write down the information John gives me and see if I have everything I need

Roland Coaster's Take Action (page 2)

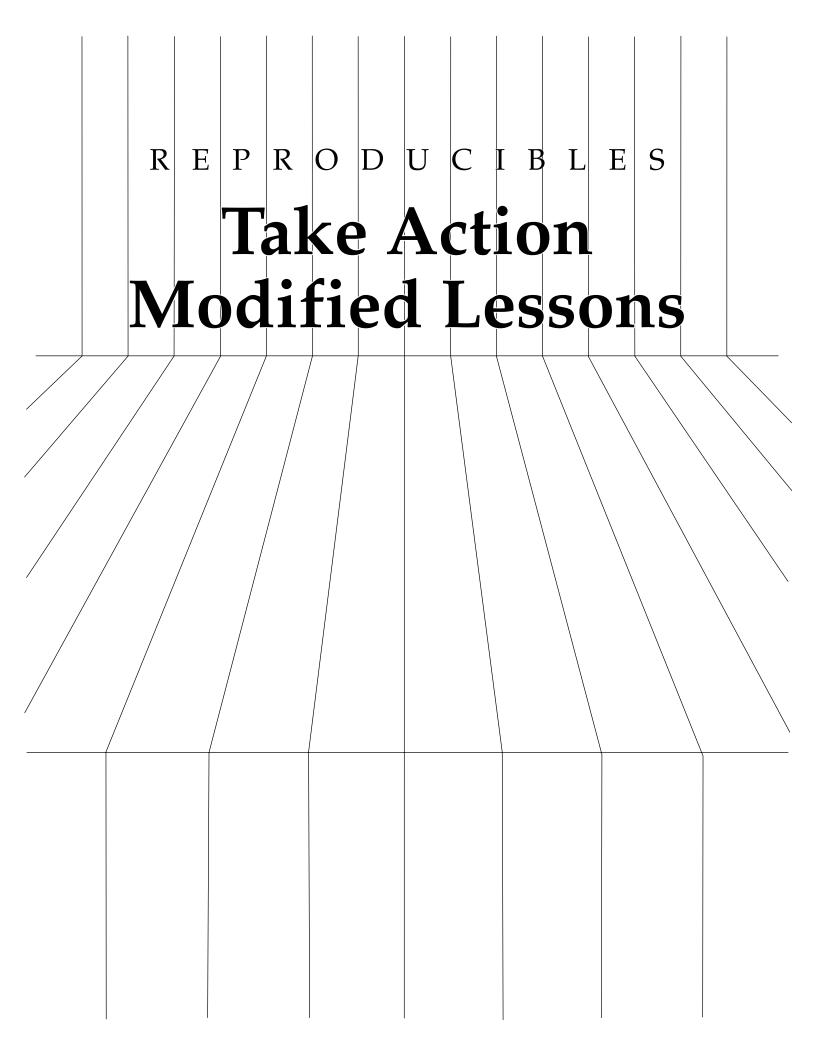
Jame<u>Roland Coaste</u>l

ate , June 30

Short-Term Goal Get information about the amusement park

Did I meet my short-term goal? YES (NO)

	FEEDBACK Did I get feedback?	(yes) no		FEEDBACK	Was the feedback	pfu	(yes) no Why or why not?	I checked to see that	I had all the	information about	the park	you met your	m goal, consider				FEEDBACK	If feedback wasn't	helpful, what will I change?				
	SUPPORT Did I use support?	(yes) no		SUPPORT	Did it work?	yes no	Why or why not?	John helped me by	giving me the	information but	some of it was wrong	got these results? Look at the Action and Evaluate sections. If you met your	of the plan you answered "yes." If you didn't meet the short-term goal, consider	ement park opened			SUPPORT	If my support didn't	work, what will I change?	Use the phone book	or directory	assistance to find	the park number
Part 2: Action	SCHEDULE Did I follow the	schedule: (yes) no	Part 3: Evaluate	SCHEDULE	Did it work?	(yes) no	Why or why not?	l asked him in class				ok at the Action and	ed "yes." If you didr	about when the amuse	Part 4: Adjust	ort-term goal	SCHEDULE	If I didn't follow my	schedule, what will I change?	0			
Part 2	STRATEGY Did I use the strategy?	(yes) no	Part 3:	STRATEGY	Did it work?	yes (no)	Why or why not?	I did get information	from John but he	told me the wrong	opening time	t these results? ${ m Lo}$	he plan you answer	John didn't have the right information about when the amusement park opened	Part 4:	OK or change? If change, new short-term goal	STRATEGY	If my strategy didn't	work, what will I change?	Call the amusement	park to get the	information	
	MOTIVATION Was I motivated?	(yes) no		MOTIVATION	Did it work?	yes) no	Why or why not?	I got the	information from	John		_	parts	John didn't have		OK)or change?	MOTIVATION	If I wasn't	motivated, what will I change?	0			
	STANDARD Did I meet the	standard? yes (no)		STANDARD	Was it the right	Ħ	(yes) no Why or why not?	Need the information	to be able to go			What were the main reasons you	short-term goal, consider the parts the parts vou answered "no."			Short-term Goal?	STANDARD	If standard wasn't	right, what will I change?				



Date _____

Take Action StepsSteps for Accomplishing a Goal

Write the s	teps in	the correct	order or	n the blanks
STEPS:	Act	Adjust	Plan	Evaluate
2				
3.				
3 4				

Take Action Reproducibles PAGE 27

Take Action Plan Parts

Name	Date
	Directions
	question you will ask yourself when you are completing each your plan is the first step in the <i>Take Action</i> process to
Plan Parts	Question I ask myself
FRIDAY Fix Broken	ile
Support	

Take Action (page 1)

Directions: In the boxes below, write Kristal's plan parts.

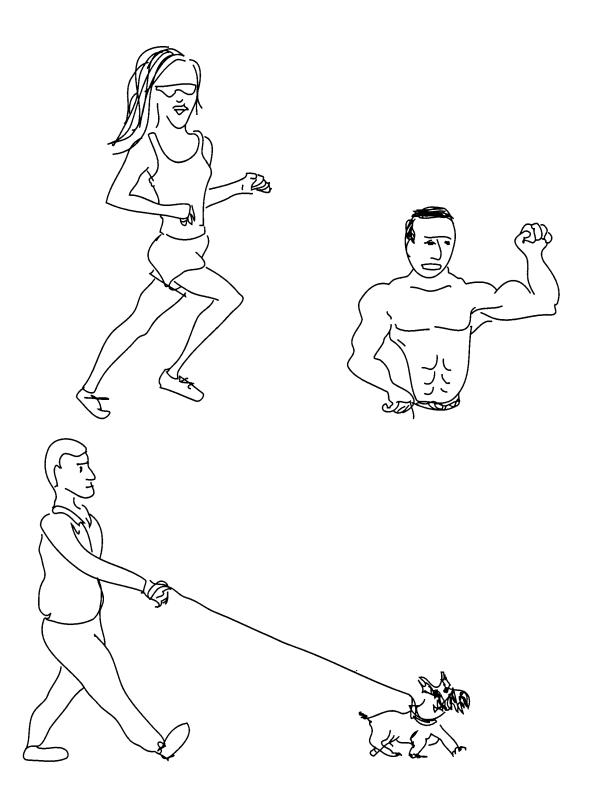
Goal Get my driver's license

Name Kristal

What help do I need? Part 1: Student Plan When will I do this? SCHEDULE What methods will I use?

	Dateder the correct part of the plan.		What methods will I use?		SUPPORT	
Take Action Review	ho	Questions	When will I do this?	Parts of a Plan	SCHEDULE	
	NameFind the question that explain		What help do I need?		STRATEGY	

Goal: Exercise Regularly



Take Action Plan Critique

Name (Critiquer)_

Directions

Answer these questions about the plan to see if you think it will work.

-000

STRATEGY	SCHEDULE	SUPPORT
Do you have the skills to do this strategy?	Is there a set time to take action?	Can you rely on this support?
Has this strategy worked for you	Can you do this schedule?	Will you need more support?
before?	Do you think this schedule will work? Does the person have the skills to help you in this way?	Does the person have the skills to help you in this way?
Do you think this strategy will work?		
		Do you think this support will be helpful?
What parts of the plan do you think will be most effective?	ll be most effective?	
Why?		

What changes would you make in the plan?

What parts of the plan do you think will be least effective?

Compliment Plan Take Action (page 1)

Name Wanda B. Nice

Date February 5

Directions

Goal Write your goal on the line below.

- 1. Plan Write a plan to accomplish your specific goal. Complete the three parts of the plan by answering the questions in each box.
- **2. Action** Each day, review your action. Answer the question, "Did I meet my goal?" Answer the question in each
- reasons they did or didn't work in each box. Answer the question, "What are the main reasons you got these results?" Look at your reasons in the Evaluate boxes. Decide which of those are the main reasons you got the results you did. **3. Evaluate** After you complete the Action questions, evaluate whether each part of your plan worked. Write the Write them in the space under the question.
- 4. Adjust Decide if you want to change your goal. If you want to change it, write a new one on the line. You will probably want to adjust the parts of your plan that didn't work. Write the changes in the boxes. Remember which parts of your plan did work so you can use them again.

Goal Give a compliment to a peer or teacher

	Part 1: Student Plan	
STRATEGY What methods will I use?	SCHEDULE When will I do this?	SUPPORT What help do I need?
Compliment Mrs. Guido Practice with a friend during life skills class	Give Mrs. Guido a compliment at lunch time	A friend will practice with me and tell me how I did

Want Ads Plan Take Action (page 1)

Name Ivanna Job

Date January 20

Directions

Goal Write your goal on the line below.

- Write a plan to accomplish your specific goal. Complete the three parts of the plan by answering the questions in each box. 1. Plan
- 2. Action Each day, review your action. Answer the question, "Did I meet my goal?" Answer the question in each
- reasons they did or didn't work in each box. Answer the question, "What are the main reasons you got these results?" Look at your reasons in the Evaluate boxes. Decide which of those are the main reasons you got the results you did. **3. Evaluate** After you complete the Action questions, evaluate whether each part of your plan worked. Write the Write them in the space under the question.
- **4. Adjust** Decide if you want to change your goal. If you want to change it, write a new one on the line. You will probably want to adjust the parts of your plan that didn't work. Write the changes in the boxes. Remember which parts of your plan did work so you can use them again

Goal Find the job want ads in the newspaper

	Part 1: Student Plan	
STRATEGY What methods will I use?	SCHEDULE When will I do this?	SUPPORT What help do I need?
Look on the front page of the paper to find the section the classifieds are in	Look for want ads during life skills class	Miss German or one of the peer tutors will help me find the ads

Asking Out Plan Take Action (page 1)

Name Juan Adate

Date_March 20

Directions

Goal Write your goal on the line below.

1. Plan Write a plan to accomplish your specific goal. Complete the three parts of the plan by answering the questions in each box. Each day, review your action. Answer the question, "Did I meet my goal?" Answer the question in each 2. Action

reasons they did or didn't work in each box. Answer the question, "What are the main reasons you got these results?" Look at your reasons in the Evaluate boxes. Decide which of those are the main reasons you got the results you did. **3. Evaluate** After you complete the Action questions, evaluate whether each part of your plan worked. Write the Write them in the space under the question.

4. Adjust Decide if you want to change your goal. If you want to change it, write a new one on the line. You will probably want to adjust the parts of your plan that didn't work. Write the changes in the boxes. Remember which parts of your plan did work so you can use them again.

Ask someone out for a coke and the other person accepts Goal

SUPPORT	What help do I heed: Miss German and a peer will help	Me choose who to ask		
SCHEDULE When well I do thing	Choose a time when I see that	person without a bunch of people around		
STRATEGY	Name peers I have done things with	Name peers who have been friendly to me	From those 2 groups choose someone to ask for a coke	

Take Action (page 1)

Date	
	 C
Name	

Directions

Goal Write your goal on the line below.

- 1. Plan Write a plan to accomplish your specific goal. Complete the three parts of the plan by answering the questions in each box.
- **2. Action** Each day, review your action. Answer the question, "Did I meet my goal?" Answer the question in each box.
- reasons they did or didn't work in each box. Answer the question, "What are the main reasons you got these results?" Look at your reasons in the Evaluate boxes. Decide which of those are the main reasons you got the results you did. After you complete the Action questions, evaluate whether each part of your plan worked. Write the Write them in the space under the question. 3. Evaluate
- **4. Adjust** Decide if you want to change your goal. If you want to change it, write a new one on the line. You will probably want to adjust the parts of your plan that didn't work. Write the changes in the boxes. Remember which parts of your plan did work so you can use them again.

Goal

Take Action (page 2)

	Date			SUPPORT Did I use support?		SUPPORT Did it work? yes no Why or why not?	below. Look at the Action and ou answered "yes." If you didn't meet		SUPPORT If my support didn't work, what will I change?	
lake Action (page 2)			Part 2: Action	SCHEDULE Did I follow the schedule?	H	SCHIEDULE Did it work? yes no Why or why not?	these results? Write them in the space fic goal, consider the parts of the plan y answered "no."	Part 4: Adjust	SCHEDULE If I didn't follow my schedule, what will I change?	
	Name	Goal		Did I meet my goal? YES NO STRATEGY Did I use the strategy?		STRATEGY Did it work? yes no Why or why not?	What were the main reasons you got these results? Write them in the space below. Look at the Action and Evaluate sections. If you met your specific goal, consider the parts of the plan you answered "yes." If you didn't meet the specific goal, consider the parts you answered "no."	Goal OK or change? If change, new goal	STRATEGY If my strategy didn't work, what will I change?	

Sean's Take Action (page 1)

Name Sean

Date June 15

Directions

Goal Write your goal on the line below.

- Write a plan to accomplish your specific goal. Complete the three parts of the plan by answering the questions in each box. 1. Plan
- Each day, review your action. Answer the question, "Did I meet my goal?" Answer the question in each 2. Action
- reasons they did or didn't work in each box. Answer the question, "What are the main reasons you got these results?" Look at your reasons in the Evaluate boxes. Decide which of those are the main reasons you got the results you did. **3. Evaluate** After you complete the Action questions, evaluate whether each part of your plan worked. Write the Write them in the space under the question.
- **4. Adjust** Decide if you want to change your goal. If you want to change it, write a new one on the line. You will probably want to adjust the parts of your plan that didn't work. Write the changes in the boxes. Remember which parts of your plan did work so you can use them again.

Goal Pay off Visa card

	2000011	4 (Transparency)
	SUPPORT What help do I need?	Don't need any help
Part 1: Student Plan	SCHEDULE When will I do this?	Pay all of it every month
	STRATEGY What methods will I use?	Work and pay balance

Sean's
Take Action (page 2)

Name (Planner) <u>Sean</u>

Date June 15

Goal Pay off Visa card

	Part 2: Action	
Did I meet my goal? YES NO		
STRATEGY	SCHEDULE	SUPPORT
Did I use the strategy? (yes) no	Did I follow the schedule? yes (no)	Did I use support: yes (no)
	Part 3: Evaluate	
STRATEGY	SCHEDULE	SUPPORT
Did it work? yes (no) Why or why not?	Did it work? yes (no) Why or why not?	Did it work? yes (no) Why or why not?
Worked but charged on card for spending	Paid every month but didn't pay it all	Worked regular hours but I didn't pay the
rioney and alon i pay balance	pecause I kepu charging on the cara	valance each month
What were the main reasons you got these results? Write them in the space below. Look at the Action and Evaluate sections. If you met your specific goal, consider the parts of the plan you answered "yes." If you did the specific goal, consider the parts you answered "no."	u got these results? Write them in the space below. Look at the Action and specific goal, consider the parts of the plan you answered "yes." If you didn't meet s you answered "no."	below. Look at the Action and ou answered "yes." If you didn't meet
	l kept charging on the card	
	Part 4: Adjust	
Goal OK/or change? It change, new goal	v goal	
STRATEGY	SCHEDULE	SUPPORT
If my strategy didn't work, what will I change?	If I didn't follow my schedule, what will I change?	If my support didn't work, what will I change?
Stop charging on the card	Pay some each month until it is paid off	Give card to someone responsible to hold until I pay off the balance