Goal-Plan-Do-Review Sheet

**GOAL**

What do I want to accomplish?

PLAN

How am I going to accomplish my goal?

**MATERIALS/EQUIPMENT** **STEPS/ASSIGNMENTS**

1. 1.

2. 2.

3. 3.

4. 4.

5. 5.

PREDICTION

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

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

**Teacher Rating 1 2 3 4 5 6 7 8 9 10**

DO

**PROBLEMS ARISE?** **FORMULATE SOLUTIONS!**

1. 1.

2. 2.

3. 3.

REVIEW

**HOW DID I DO?**

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

**Teacher rating 1 2 3 4 5 6 7 8 9 10**

**WHAT WORKED?** **WHAT DIDN'T WORK?**

1. 1.

2. 2.

3. 3.

**WHAT WILL I TRY DIFFERENTLY NEXT TIME?**

*Source:* Reprinted with permission from Ylvisaker, M., Szekeres, S. & Feeney, T. (1998) Cognitive Rehabilitation: Executive Functions. (pp. 244) In M. Ylvisaker (Ed.) Traumatic Brain Injury Rehabilition: Children and Adolescents (2nd Ed.). Boston: Butterworth-Heinemann.