

# My Goal-Plan-Do-Review

Name: \_\_\_\_\_ Case No.: \_\_\_\_\_ Date: \_\_\_\_\_

## GOAL

What do I want to do?  
Why do I want to do it?

## PLAN

How will I do it?  
When? Where?  
What might get  
in my way?  
What could I do to  
overcome these challenges?

## DO

What small first step will I take?  
How will I reward myself?  
Who will I check in with?

I will do it by: \_\_\_\_\_

## REVIEW REVISE

How did it go?

What could I do  
differently next time?