

Setting Your Self-Management Goal

Target Area for Change:

Current Behavior:

Does this behavior meet my standard? Am I happy with this?

Set New Standard:

Set Short Realistic Goal: (Choose an attainable goal.)

How do you plan to meet your goal?

1.

2.

Ask yourself the following questions:

How confident am I in meeting this goal?

0 1 2 3 4 5 6 7 8 9 10
very unlikely very likely

What are the consequences of not meeting this goal?

What would I like to see the outcome be?

What might be some barriers to meeting this goal?

How will I handle these to ensure that I am successful?

I will implement this plan on _____. (Set a date and time)

I will reevaluate my progress on _____. (Set date and time)

Assess whether or not I am following my plan.

Assess whether or not I am meeting my goal.

Assess need for changes in my plan. (Do I need to readjust my goal? Are there changes needed in my plan. Are there other resources I need to obtain to meet my goal?)