

Planner Sheet

Make a Plan!

1. What am I going to do?

Just one small thing

2. When am I going to do it?

That way you'll know if you don't do it

3. What problems or difficulties could arise, and how can I overcome them?

4. Is my planned task -

- Useful for understanding or changing how I am?
- Specific, so that I will know when I have done it?
- Realistic, practical and achievable?

Yes

No

My notes: