

Name _____ Date _____

1) C - CHOICE - My goal is: _____

2) R - REALITY - What is happening now? _____

3) O - OPTION/S - What can I try to reach my goal:

A. _____

B. _____

C. _____

4) S - Select one or more: I want to try: A B C (Underline or circle)

Plan the steps I will take to reach my goal:

• _____

• _____

• _____

The teacher/other person can help by: _____

My parent/other person can help by: _____

I will monitor my progress by: _____

____ daily ____ weekly ____ every _____ Other: _____

5. S - Start over - I will check and revise my plan ____ weekly ____ monthly

My accountability partner is _____

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