

## Developing Your Self-Regulation Plan

To complete this activity, you are going to make a plan to accomplish a goal of your own. Choose a goal that is important to you—it can be related to school, sports, extracurricular activities, or a personal goal. It needs to be something that you can accomplish by completing a set of actions/steps and something that is under your control. For instance, if you want to find a part-time job, your goal should be “applying for x number of jobs” rather than “getting a job,” because the application process is under your control, but the final hiring decision is not.

Note: You might need more than the space provided below to make an adequately detailed plan; grab an extra piece of paper to make sure you have enough space.

As you develop your plan, remember that a good plan will address each of the following four questions in detail:

1. How will I know I’ve successfully reached my goal? How does success look?
2. What steps, strategies, and actions are necessary to accomplish my goal? When, where, and how will I work toward my goal?
3. What could go wrong? How will I avoid or overcome these challenges?
4. How will I track my progress?

**My Goal:**

**My Plan:**

**Possible challenges and ways to address them:**