

# Implementing Your Plan

☐ **Get support by working with a partner**

Your name: \_\_\_\_\_

Partner's name: \_\_\_\_\_

Your goals:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

☐ **Make copies of your plan**

Keep a copy in the front of your notebook, keep a second copy in your room at home where you can see it when you walk in or leave.

☐ **Use a calendar to mark your deadlines**

Get a calendar and use it for scheduling the tasks you need to do as well as homework assignments and appointments. Keep your calendar with you at all times. Take it to school, back home and in the car when you go places.

☐ **Check yourself with a support person**

Find an adult or friend who will be a mentor and supporter of your goals and who will help you when needed. Set up a time to talk with this person on a weekly basis to update your progress.

Name of mentor: \_\_\_\_\_

☐ **Mark your progress on your growth goal chart**

Every time you get something done on your plan, mark it on your chart. Pick a time each day to look at your plan and ask yourself if you have supported your plan. Go over your progress with your partner. When you mark your chart tell yourself "thanks" for getting it done. If not, tell yourself what you will do the next day to work on your plan.