

Staying the Course Worksheet

It is important to remember that making a plan is just the beginning. As you put your plans into place you will likely find that some work better than others. Approach this as a process of experimentation and revision. Over the next week or so, track your progress. How well did you do meeting your goals?

Step 1: Did our goals and schedule meet our needs.

What went well this time?

- 1.
- 2.
- 3.

What needs to be improved?

- 1.
- 2.
- 3.

Step 2: Did we meet our goals and stick to our schedule.

What went well this time?

- 1.
- 2.
- 3.

What needs to be improved?

- 1.
- 2.
- 3.

Step 3: Make an Updated Plan

What is our updated plan now?

When will we meet to revise this plan again?

Great job! How are we rewarding ourselves for staying the course?
