



# Make a plan!

## PLANNER SHEET

1. What am I going to do?

2. When am I going to do it?

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

Is my planned task:

Q. Useful for understanding or changing how I am?

Yes

No

Q. Specific, so that I will know when I have done it?

Q. Realistic, practical and achievable?

My notes