

Goal – Plan – Do – Review

Goal

What do I want to accomplish?

Plan

How am I going to accomplish my goal?

Prediction: How Well Will I Do?

	Not good								Amazing	
Self rating:	1	2	3	4	5	6	7	8	9	10
Others rating:	1	2	3	4	5	6	7	8	9	10

How much will I get done?

Do

Problems	Solutions

Review: How Did I Do?

	Not good								Amazing	
Self rating:	1	2	3	4	5	6	7	8	9	10
Others rating:	1	2	3	4	5	6	7	8	9	10

What will I do next time?

Adapted from Advanced Assessment Of Executive Function by Peter K. Isquith, Ph.D.
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