My Plan

To improve my relationship with essays



MY GOAL/WISH *for the rest of the year*	
OUTCOME - *visualise how this will change my world*	
OBSTACLES - *what will get in the way? Think about:* ●*My EFs* ●*Knowing my limits* ● *Perfectionism* ●*People pleasing* ●*Neglecting Building Blocks* ● *Other*	
PLAN - *use the obstacles to make a realistic plan.* *How am I going to:* ●*Work on EF strategies* ●*Understand my limits* ●*Settle for good enough* ●*Find an accountability partner* ●*Prioritise my building blocks* ● *Other*	
VERBALISE - Who am I going to tell?	
SUPPORT & ENCOURAGEMENT - Who can help me stay on track?	
MONITOR MY PROGRESS - Use tracker on the next page.	
SMALL TWEAKS - Minor adjustments using make it even better.	
REWARDS - Looking after myself - I am building my EFs, and i deserve it.	