My Plan

To improve my resilience to change



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* • *Sensory overwhelm* • *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 -Decide a way to measure and track your progress	
SMALL TWEAKS - Minor adjustments using make it even better.	
REWARDS - Looking after myself - I am building my EFs, and I deserve it.	

