

Self-Management Planning

4. Describe your goals. Consider whether you need multiple short-term goals that will lead to your terminal goal.

5. Describe if there are antecedent strategies you should implement (e.g., prompts, reminders, check-ins). Consider if you need someone to help manage the set up or delivery of these antecedent strategies.

6. Describe the consequences you will implement for meeting or failing to meet the goals.

7. Consider if you need someone to help manage the setup or delivery of these consequences.

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8. Describe how and when you will evaluate the outcomes.