Chapter 6 Appendix B

Self-Management Planning

Name:	Date:
Define the skill or areas to be addressed:	
Steps for Self-Management Planning 1. Describe how you will observe your own performance.	
2. Describe how you will record your performance (direct me report). Consider whether you need someone else to help to accurately measuring the desired performance/skill.	
3. Describe how you will self-evaluate your performance onc data (what is the desired performance level and how do you	

Chapter 6 Appendix B

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.

Chapter 6 Appendix B

Self-Management Planning

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