

Strategy Cards: Working Towards a Goal with Action Plans

Working Towards a Goal (Hint: Action Plan Needed)

We all have **GOALS**. A Goal is something you **THINK ABOUT**.
However, if we only talk about our goal and don't do anything differently, we probably won't accomplish our goal.
In order to work towards a goal we need a plan.
A Plan is something you **DO** A plan requires an **ACTION**.
A "Check" is how we evaluate our actions towards our goal. We have to "check" to see if we have done the work the way we should.
So we need to **THINK** about a **GOAL** and then we need to Create an **ACTION PLAN** that we **DO**.

Next, we need to **CHECK** to see if we have done it. If not, we have to come up with a new **ACTION PLAN**.

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Making Gains Towards my GOALS

Goals can be large or small. A large goal is graduating or getting a job. A small goal is saving money for a game or finishing my homework. It's best to start by working on smaller goals.

My goal is something I THINK :	My ACTION PLAN is something I DO , it's the steps I do to achieve my Goal.
The goal I think I can achieve is:	Steps I will do to work towards my goal:

When I meet my goal I will feel _____. I will also get to reward myself by doing _____, when my goal is met.

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5 Steps to Getting Things Done (all involve your executive functions)

1. Develop a goal:

Something you think about accomplishing

Requires you to imagine your future as being different from today.

2. Develop your action plans:

Have a series of sequenced or parallel action plans you plan to do across a period of time.

3. What's your plan to carry out your action plans?

4. Self-regulate your behavior and emotions to carry out the action plans to accomplish your goal – what do you need to do to get yourself in motion?

- **When will you get started?**
- **How will you encourage yourself to keep going?**
- **How will you know you are succeeding?**

5. Use flexible thinking across all steps! Do you need to modify any part of the above now that you've thought through it?

What type of voice do you use inside your head to help guide you through this process?

Inner Coach Voice: encourages you to make a plan, work through it, focus on the positive emotions and thoughts you will experience when you accomplish the goal. When something is hard to do, know you can do it and that people will help you get through it if you ask. Remember, it's good to ask for help!

Self-Defeater Voice and Activities: This voice makes you feel you can't, won't or should not do something. Self-defeating activities are things you choose to do with your time instead of doing what you should be doing to help you accomplish your goal. For example, knowing you should be working on your long-term assignment, but you choose to play video games instead.

What is a Chore?

Citizens are important to any town, and social thinking citizens work hard to help! One thing all citizens expect each other to do is called chores. A chore is a routine or a task




you regularly do as part of taking care of yourself, so others don't have to do these things for you. We all have different chores we do.

Many chores can be done at home. Two examples of chores done at home are making your lunch for school and setting the table for dinner. Once you learn a chore, you're expected to do it the same general way over and over again. Many chores need to be done one or more times in a day (for example, brushing your teeth). Some chores are done one time a day (for example, getting dressed in the morning). Other chores you have to do a few times a week (for example,

emptying the dishwasher), and some chores you need to do one time a week (for example, taking out the trash).

All citizens are expected to do chores as part of every day—even adults! For example, an adult citizen may take a shower every morning before work or make his or her breakfast. When we do our chores, we not only help ourselves but others around us. People in our family depend on us to get our chores done because it helps out the family. This should also make you feel proud that you are taking care of yourself. For example, if you do the chore of throwing out the trash each week without having to be reminded to do it over and over again, your family may feel proud that you are helping to keep the house clean and working as part of the group. Write or draw some chores that you do at home at different times during the day to help yourself and those around you. @

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Morning Time Chores:	Afternoon or Night-Time Chores:
1. <u>Brush your teeth</u>	1. <u>Make a snack</u>
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____



4 Steps to Follow to Accomplish Goals

Goals are *things we think about*.

Action plans are *the things we do* to make our goals happen.

1

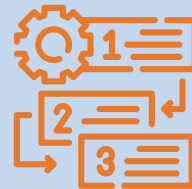
Define Your Goal



What do you hope to accomplish?

2

Figure Out Your Action Plan



What are the different things you plan to do to meet your goal?

3

Do It!



Take action on your plan to make your goal happen!
Do your action plan step by step to help you accomplish your goal.

4

Stay Flexible

Allow yourself to adjust your goal & action plan as needed in the process of accomplishing your goal.



The ABCs of Summer Boredom: *Awareness, Curiosity, and Action*

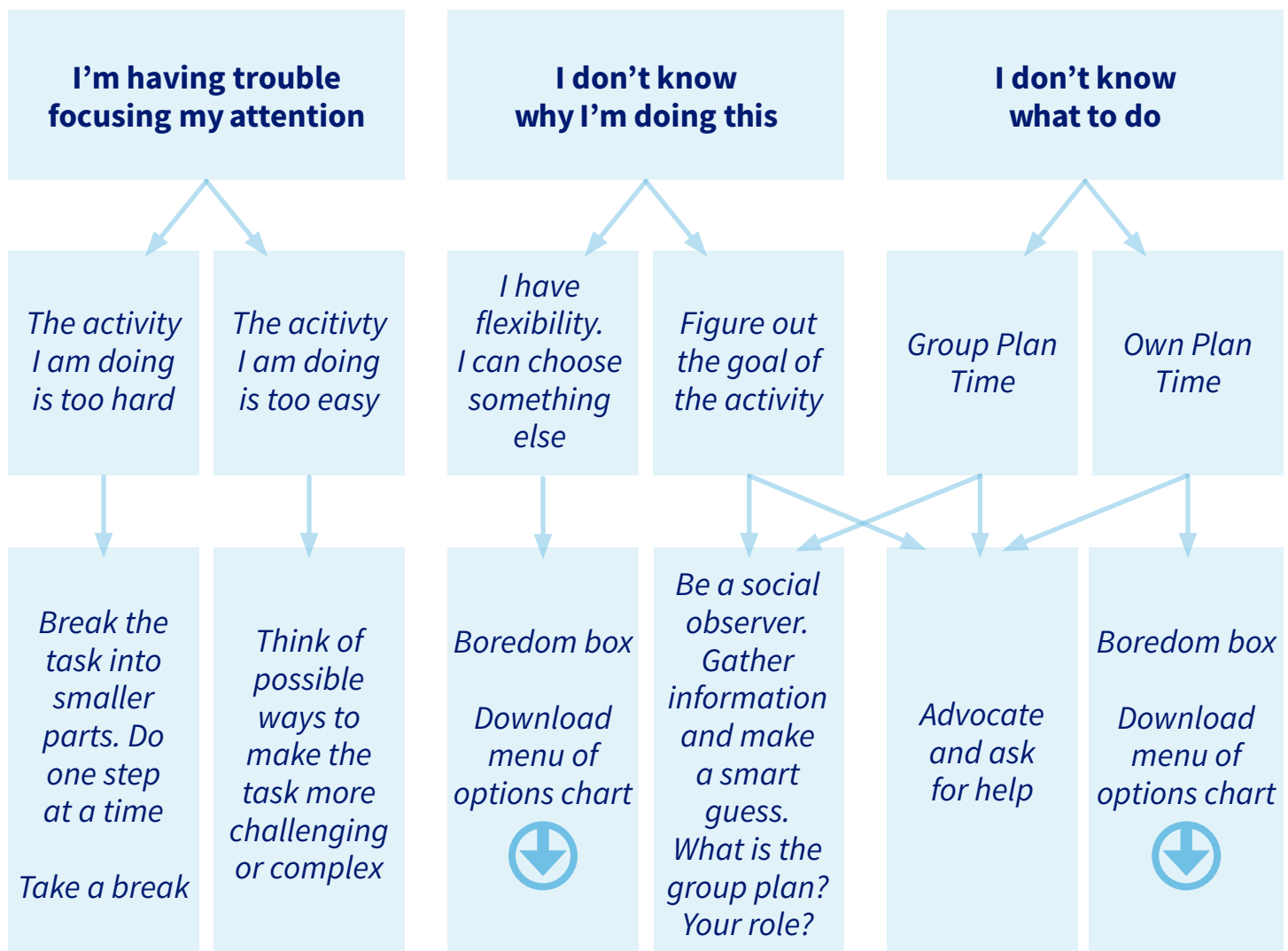
1. You notice you feel uncomfortable/bored
Time to get curious!

2. Identify the situation

- *Where are you?*
- *Who is there?*
- *What is happening?*

3. Think about the situation

Which one might apply? See flowchart for strategies.





This thinksheet supports the concepts taught in *You Are A Social Detective*, 2nd Edition, *Social Thinking and Me*, and *We Thinkers! Vol 2*.

Making a Smart Guess at Home

Being a social detective at home will help you figure out situations around you and will help you feel more connected. Practice being an observer at home to help figure out what's going on around you. Look around the house, find your mom, dad and sibling/s and write down your thoughts: Where was the person? What was the person doing? What was the person saying? What do you know or remember about the person?

I observed _____.

Where were they?

What did you see?

What did you Hear?

What do you know or remember?

Now add these up to and make a smart guess about what's happening.

Place + What you saw + What you heard + What you know or remember

What is your smart guess about what is happening? What do you think their plan was?
