**Developing your Self-Regulation Plan Checklist**

**Introduction to Self-Regulation**

[ ]  **We read the “Introduction to self-regulation” page**

[ ]  **We read the “Getting Started” page**

[ ]  **We became familiar with the concept of self-regulation in the “self-regulation research” page.**

**Prepare**

[ ]  **We read about the Prepare-Take Action – Reflect model on the prepare page**

[ ]  **We read about the background information for making changes**

 [ ] Changes take effort

[ ] Changes take time

[ ] Changes take consistent effort over time

[ ]  **We read the “decide what to change page”**

[ ] We decided on an area to make a change (If not consider other resources listed on the page or consult with others for help).

 [ ] The area of change that we are going to focus on is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

[ ]  **We read the goal setting page**

[ ] We completed the goal-setting helper worksheet found on the goal-setting page?

[ ]  **We read the planning page**

[ ]  We created or selected at least one strategy (either from our website or another source) to aid us in obtaining our goal.

[ ] We completed the planning worksheet?

**Take Action**

[ ]  **We read the Take-Action page**

[ ] We printed our progress monitoring chart and posted it in a highly visible and safe space?

**Reflection**

[ ]  **We reflected on the purpose and value of making the change**

[ ]  **We analyzed the data we collected when implementing the plan**

[ ]  **We revised our plan as needed based on our reflection**

[ ]  **We remembered to have at least a little fun while doing this?**