**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?**