**Reflection Checklist**

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| **Reflection Component** | **Comments/ Examples** |
| **Thoughtful reflection**  Have a conversation with your child to discuss the value of your goal and share insights and feelings. You can discuss obstacles, distractions, what was successful, and what you each were thinking and feeling as you moved through the process. |  |
| **Analyze the data**  Determine if your child is progressing well towards the goal, has made little or no progress, or has successfully reached the goal. Decide on the next steps based on this assessment. |  |
| **Continue with current plan**  Base this decision on the determination that you are making adequate progress toward your goal but need to continue your efforts. |  |
| **Determine if the plan was the problem**  Have a conversation with your child about the effort put into making the plan work and whether the plan was followed as designed. |  |
| **Revising**  Base this decision on the determination that you are not making adequate progress toward your goal.   * **Identify reinforcement for the goal:** Ask yourselves if the goal is valued by both parties and if the rewards are worth the effort. * **Redefine the goal:** Based on your thoughtful reflection, make a change to the goal statement if needed. * **Readjust the goal level to be challenging but realistic:**  Determine if the goal is too easy or too difficult. * **Revise the strategy:**  Change the strategy when you value the goal, but the approach is not working well. |  |
| **Celebrate**  Change usually happens slowly and making new habits can be difficult—Celebrate your successes. |  |
| **Maintaining**  Have planning conversations with your child about firmly establishing the newly acquired skills over time. |  |
| **Generalizing**  Have discussions with your child about how to transfer new skills to other situations where they could work just as well or can be modified to work just as well. |  |