**Take Action**

1. **Implement your plan!**
   1. On the “Strategic Planning Worksheet” you created your plan. Now it is time to follow through and put this plan into action.
2. **Make sure you are using your strategies to address difficulties.**
   1. Sometimes it can be easy to forget to totally follow through with our plan or strategies, this step is just a friendly reminder to stick to your plan.
3. **Self-Monitor**
   1. **Now it is time to self-monitor.**
   2. **To self-monitor effectively we will need to complete a few steps:**
      1. **Choose or create a self-monitoring chart**
      2. **Label the self-monitoring chart**

Chart your data

Give your chart a name

Label the horizontal axis bottom with a unit of time

Label the vertical axis with a unit of how you are measuring your goal

* + 1. **Decide how often you will collect data for your self-monitoring.** Multiple times a day? Once a day? Once a week?

**We will collect data: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

* + 1. **Set a date to review your self-monitoring data to determine if you are making progress toward your goal (Self-Reflection).**
       - (It might make sense to at least gather 6 data points before reviewing or if you are gathering data every day, then at least 2 weeks of using your plan).
       - We will start our plan on \_\_\_\_\_\_\_\_\_\_\_\_\_.
       - We will review our data on \_\_\_\_\_\_\_\_\_\_\_.