

STATE YOUR GOALS

DEFINE THE PROBLEM

**DEFINE YOUR GOALS FOR THIS PROBLEM:
State your goals as if they have already happened (I can.. I am..)**

OVERCOME OLD WAYS OF THINKING

SEPARATE YOUR EXECUTIVE FUNCTIONING PROBLEMS FROM YOURSELF

Sustained Attention	Working Memory	Organization	Time Management
Planning/Prioritizing	Starting Tasks	Self-Monitoring	Persistence
Impulsivity	Emotional Control	Flexibility	Social Thinking

MOVE PAST SELF-BLAME AND TAKE RESPONSIBILITY FOR YOURSELF

"I did not CAUSE my EXECUTIVE SKILLS problems, and I can develop SKILLS to address them."

LEARN NEW WAYS TO BE SUCCESSFUL

IDENTIFY THE SITUATIONS THAT CAUSE THIS PROBLEM

Increasing self-awareness helps increase self-control. Recognizing repeated patterns helps you replace them with better choices.

WHAT? _____

WHEN? **tired** **hungry** **bored** **excited** **overwhelmed**

WHERE? _____

WHO? _____



HOW DOES THIS PROBLEM IMPACT YOU?

SEEK SOLUTIONS TO OVERCOME THE CAUSES

Refer back to your *Student Success* or *College Success* notebook to see if you can adapt what is suggested there to solve your problem. If you need copies of any forms or tools we have discussed, go to <http://www.drmontedavenport.com/student-success-library/> and enter password 101505.

If you need additional suggestions, go to <http://www.drmontedavenport.com/learn-new-ways> and search the sites suggested there using key words from the definition of your problem and/or the executive functions that are causing your problem. If you need more help, call 817.421.8780 to schedule a follow-up appointment.

VENTURE: MAKE A PLAN & TAKE ACTION!

WHAT ARE YOUR PLANS?

CAUSE	PLAN

WHAT ARE THE BENEFITS OF IMPLEMENTING YOUR PLAN?

WHAT STRENGTHS CAN YOU USE TO IMPLEMENT YOUR PLAN?

- | | | |
|------------------------------|-----------------|------------------------|
| Ambition | Caring, empathy | Competitiveness |
| Courage | Creativity | Curiosity |
| Dependability | Determination | Hard-work |
| Honesty | Imagination | Independence |
| Leadership | Loyalty | Optimism |
| Organization | Persistence | Problem-solving skills |
| Protecting others' interests | Self-control | Sense of humor |
| Working well with others | | |

WHO CAN HELP YOU?

WHAT WILL YOU ASK THEM TO DO?

TAKE DAILY ACTION!

- Refer to your goals daily.
- This week, take steps to implement your plan.

Day 1:	
Day 2:	
Day 3:	
Day 4:	
Day 5:	
Day 6:	
Day 7:	

- Continue to take daily actions needed to reach your goals.
- Remind yourself of the BENEFITS of reaching your goals.
- Stay accountable to those you've asked to keep you accountable
- Put in the time and effort it takes to make a change
- Don't beat yourself up over mistakes and missteps along the way: learn from these and choose to take a different action next time.

EVALUATE YOUR PROGRESS OFTEN

ASK YOURSELF THESE QUESTIONS ON A REGULAR BASIS.

1. What plans/actions are working? Why?

2. How can I celebrate what's working?

3. What plans/actions are not working?

4. What obstacles or problems are getting in my way?

5. What is the main problem?

6. What are some possible solutions?

7. What is the best possible solution?

8. When and how will I implement the best solution?

9. Who can help?
