

What will you do *in the moment*? (i.e., what you will do and say as you use the practice)

Plan to review progress

How will you know if you achieved your goal?

Date to review plan and assess progress:

Reflect (after assessing progress, choose the description that fits best)

Date:

I successfully used this practice.

- How do you know it went well? (e.g., how did children respond?)

I am making progress using this practice, but I still need work on it

- What did you learn from trying this practice?
- What would you do differently next time?

I need to revise my plan in order to successfully use this practice.

- How will you change your plan to try again? (e.g., include more preparation, consult your coach)