

Evaluating My Plan Practice Work

Name: _____

Date: _____

Now that you have completed all 3 steps of problem-solving, take some time to evaluate your plan. Answer the following questions regarding the areas of your plan that went well, and where you need improvement.

1. How would you rate yourself after trying out your problem-solving plan?

Excellent

Good

OK

Need Improvement

2. The areas that went well are: _____

3. I will reward myself for doing well in these areas by: _____

4. The areas in which I need improvement are: _____

5. I will use my self-talk to coach myself toward improvement in these areas by: _____

6. The actions that I can take to improve in the areas that didn't go as well are: _____
