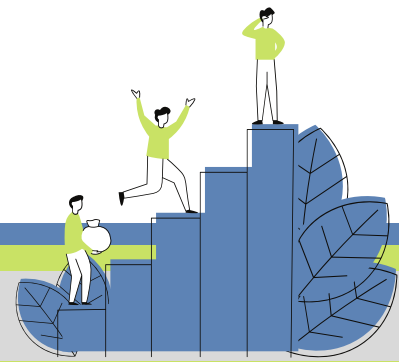


WHEN THINGS GO RIGHT



BACKGROUND:

You've done it! All the hard work to reach your SMART goal is nearing the finish line! As you reach success, an important component to self-monitoring and the SMART goal process is reflection. Spending time reviewing your success can help you achieve similar successes in the future, learn from your mistakes, and make the SMART goal planning process more efficient in the future!

INSTRUCTIONS:

1. Download and print a copy of the When Things Go Right Worksheet.
2. Identify 5-10 minutes of time in a distraction-free environment to think back on your previous SMART goal.
3. Complete the reflection questions in order, reflecting on the start, middle, and end of the goal achievement process.
4. Identify what you might do differently in the future to help the SMART goal process work more smoothly the next time.
5. Once completed, place the "When Things Go Right" worksheet in a place where you can easily reference it in the future.

NOTES:

- Self-monitoring and self-reflection is a skill that improves over time. Some learners may need more support than others to recall important events in the goal-setting process. You may need to initially guide your teen through the entire reflection activity (and to pull out the reflection notes in the future if needed).
- There's no right or wrong time to complete the "When Things Go Right" exercise, however, most find it useful to complete it after celebrating the success of achieving the goal, but before your teen begins writing their next SMART goal.

WHEN THINGS GO RIGHT

MY SMART GOAL:

Record the SMART goal you just completed:

CELEBRATING SUCCESS

What does it feel like to have met this goal?
What was your favorite part about achieving it?
How did you celebrate your success?

KEYS TO SUCCESS

What was most helpful to you along the way?
Who or what supported your success?
How will these things be helpful to your success in the future?

KEY THINGS TO AVOID

Were there things that got in the way of success?
What made things difficult along the way?
How will you avoid these barriers in the future?

LOOKING AHEAD

Now that you've accomplished this goal, what's next?
What do you know now, that can help you in the future?
What SMART goal are you thinking about next?