

Review (what did I learn in this chapter?)									
Goal (what do I want to accomplish?)									
Problems (what might get in the way?)					Solutions (how to work around problems?)				
Confidence I can do it (rate your confidence level)									
Definitely Not		Maybe						Definitely Yes	
1	2	3	4	5	6	7	8	9	10
Actions (what needs to be done, how, when, where, etc.)									

Save this for follow up later (aim for within 1-2 weeks)

Notes (what worked? What did not work? How can it be improved?)
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The more you practice the skills, the more likely you are to feel better about yourself 😊