Self-Determination in Community Programs

MY PLAN FOR ACHIEVING MY GOAL

PLAN A

What is my plan?	Why might this plan work?	What could get in the way?
My plan is to practice shooting every single day. Take shots from various locations so I improve my accuracy.	This plan might work because practice makes perfect. The more I practice the better I get.	Motivation could get in the way; I might not have the motivation or energy to practice every single day. Another thing that could get in the way is my schedule; I may not always have time every day to practice shooting basketball.

PLAN B

What is my back up plan?	Why might this plan work?	What could get in the way?
My back up plan is to rather than practice every single day, I could practice like once a week instead but for a longer period of time.	This plan might work because I would be practicing for the same amount of time and still semi-regularly	My schedule might still get in the way; I may not get a chance to practice every week.

What can help me achieve my goal?	How can I fit my goal into my routines?
What could help me achieve my goal could be accountability. By having someone to practice with or someone telling me to practice I will be more likely to actually practice.	I could make sure I don't go on the tv or use free time until I practice every day. I could find a regular time slot that I have free to use for practicing basketball.

Steps I need to take:

1. Find a free time slot daily/weekly to practice
2. Create a physical step by step plan to hang on my wall to remind me
3. Find someone to keep me accountable
4. Practice daily