

**LNSK 306 Final Project**

**Due Date: May 27**

Your final project will consist of identifying a strategy (or strategies) and developing a plan to assist you in accomplishing a short-term goal listed in the Self-Coaching packet you worked on earlier this semester. On the last day of class you will present both an oral and written summary of the process, your observations and a self-reflection. Some questions have been provided on a separate page to assist you with the reflection process, but you are not limited to using only those questions.

The following information needs to be included:

\_\_\_\_ **Goal Statement**. You developed your goal statement by looking at your short-term goals on page 9 of the Coaching Goals Worksheet and/or in the **Narrowing Statements** section on page 4 of the Self-Coaching handout from class. You also met with me to clarify your goal and wrote it on the top of the Project Organizer table.

\_\_\_\_ **A written description of the strategy(ies) and how the strategy(ies) was applied to your goal.** Respond to the following questions in your description of the strategy:

* How did using this strategy help me accomplish my goal?
* What was my system for being accountable? (e.g. checking in with a friend, family member, teacher, classmate)
* What did I need to change in my environment or my behavior to help keep me on track?
* What visual/auditory cues did I use to keep me focused? (e.g. post-its, phone alarms, timers, calendars, etc.)
* What is my reward for accomplishing my goal? Did I reward myself along the way as I completed smaller tasks?

\_\_\_\_ **Project Organizer Table.** This is a valuable tool. Use the table as it is or modify it to meet your needs. List the different steps in your plan. **Pay close attention to how much time you estimate for each step and how long it actually takes to get done.** This will give you useful information you can apply to other tasks in the future.

**Project Organizer Table**

Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Final Reward: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***Steps to Complete Major Project*** | ***Date to Begin this Step*** | ***Estimated Amount of Time Needed for This Step*** | ***Actual Amount of Time Needed for This Step*** | ***Notes (about progress, needed info. or things to do, problems, adjustments to be made)*** | ***Target Deadline for This Step*** | ***Mini-Reward*** |
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LNSK 306 Your Name Here

ADD Strategies Date

**Final Project**

**Goal Statement**

**Strategy Description**

How did using this strategy help me accomplish my goal? If it didn’t help, did I modify the strategy and/or try something else or default back to old systems?

If I did not meet my goal, what prevented me from doing so?

What was my system for being accountable? (e.g. checking in with a friend, family member, teacher, classmate)

What did I need to change in my environment or my behavior to help keep me on track?

What visual/auditory cues did I use to keep me focused? (e.g. post-its, phone alarms, timers, calendars, etc.)

What is my reward for accomplishing my goal? Did I reward myself along the way as I completed smaller tasks? If not, why not? How do I feel about using a reward system?

Be honest. Did this approach help you accomplish what you wanted? If not, why? If so, do you think you would use it again? Why or why not?