G-C-S Self-Reflection

Goals/Outcomes *Realistic, Specific, Meaningful, Measurable*	Challenges *Internal and external challenges, if/then plan, Reflect on past challenges*	Strategies *Cues, Supports (People/Resources), Rewards, Next Steps*
Goal: **Outcome:**	**Obstacle:** **If/then plan:** *Example: If I get frustrated, I will remind myself of past successes.*	**Supports:** **Rewards:** **Next steps:**
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