If-Then Plans to Achieve My Goal

Name: _____   Date: _____

If (situation)		Then (I will...)
_____		_____
_____	>>>	_____
① _____	→	① _____
_____		_____
② _____	>>>	② _____
_____	→	_____
③ _____	>>>	③ _____
_____		_____

Journal Notes of my If-Then Plans

Date	If-Then Plan	"Then" Completed?	Notes
		Yes / No	
		Yes / No	
		Yes / No	

Sample If-Then Plans

If-Then Plans to Achieve My Goal

If (situation)	Then (I will…)
Example	**Example**
If someone calls me mean names like stupid, weirdo, or ugly …	*Then* I will take deep breaths, count to five, and tell that person I don't like it and walk away.
#1 _If someone jokes about my clothes_	#1 _Then I will not engage, and remind myself everyone has their own opinion_
#2 _If I try to join a conversation but get ignored_	#2 _Then I will stay patient and not take it seriously, middle school is tough_
#3 _If a teacher blames me and does not listen to my story_	#3 _I'll remember to stay calm and respectful, even if I feel frustrated, because I want to be heard and understood_

Journal Notes of My If-Then Plans

Date	If-Then Plan	"Then" Completed?	Notes
Sept 23 (Example)	**If** someone calls me mean names, **then** I will take deep breaths, count to five, and tell that person I don't like it and walk away.	(Yes)/No	It worked because counting allowed me to calm myself and think, then I told that person I didn't like it.
Oct, 3	#2 If I try to join a conversation but get ignored, then I will stay patient and not take it seriously.	Yes / (No)	It didn't work. I just didn't have the patience when Mike was not paying attention to me and I felt he was doing it on purpose.
Oct. 5	#3 If a teacher blames me, and does not listen to my story, then I will remember to stay calm…	(Yes)/ No	No way. It worked. The teacher asked me to tell what happened. I was telling myself that keeping calm and respectful can help me be heard.
Oct. 20	#1 If someone jokes about my clothes, then I will not engage, and remind myself everyone has their own opinion.	Yes / (No)	It didn't work, I was super angry when people laughed at my jacket. I felt my heart speed up and I wanted to say something bad!