

CHECKING ON MY PLAN

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Your plan may go perfectly or it may not, which is normal when people try new things.

My plan is: (Example: Go a 30 minute walk on Monday, Wednesday and Friday at 9 am)

My goal is: (Example: Be a good example for my kids)

Choose how to check in. Use the questions on the other side as a guide:

a. Do-it-yourself check-in:

Make an appointment with yourself to look at how it went

b. Check-in with someone else:

You can check in with someone else. They can:

- help you find new ideas
- just listen or offer support
- not give advice
- let **you** decide what will work for you

A check-in helps you learn what worked, what didn't and what you want to do next!

My plan to check-in:

To support myself to complete and learn from my plan I will check in with:

- Myself. I will sit down on the _____ at _____ and _____.
- Someone else. We will check in by _____ (phone, text, in person.) on the _____ at _____.

It's about learning:

Your plan may go perfectly or not, there will still be things to learn.

You may learn:

- What you like and what you don't
- What makes sense for you and what does not!



Check-in Question Guide

Remember, checking on the plan isn't about finding success or failure, its about learning. You didn't fail if you learned something! If your plan went well, celebrate!

The Question	My Experience
<p>How did it go with your plan?</p>	
<p>What did you learn?</p> <ul style="list-style-type: none"> - what makes a plan work for you - how to make a plan - times of day that work or don't - something you like or don't like - something else 	
<p>What do you want to do next?</p> <ul style="list-style-type: none"> - make a new plan - keep this one - change this one - take a break - do anything else you want 	<p>Next I want to:</p>
<p>If you are going to make another plan write it here! My new plan:</p> <p>What? When? How Much? How Far? How Long? Start Date? Check In plan?</p>	
<ul style="list-style-type: none"> - How sure are you that you can complete your plan? - What would make you more confident? - Re-write your plan if needed 	

Many thanks! Thanks to Patients as Partners at the BC Ministry of Health for supporting the development of tools to help you, your health care providers, group leaders and others support people to be involved in their own health. Document provided by CCMI. www.centrecmi.ca

