

Goal Planning Worksheet

The Road To Success: Where Have I Been and Where Am I Going?

<p>☺ My knowledge about stuttering.</p> <p>Successes:</p> <p>Next Steps:</p>	<p>☺ Reducing my own negative reactions to my disfluency.</p> <p>Successes:</p> <p>Next Steps:</p>
<p>☺ My feelings about being someone who stutters.</p> <p>Successes:</p> <p>Next Steps:</p>	<p>☺ Changing the way I stutter.</p> <p>Successes:</p> <p>Next Steps:</p>
<p>☺ My fear of talking in front of people.</p> <p>Successes:</p> <p>Next Steps:</p>	<p>☺ Reducing my word and situation avoidance.</p> <p>Successes:</p> <p>Next Steps:</p>
<p>☺ Reducing struggle when I talk.</p> <p>Successes:</p> <p>Next Steps:</p>	<p>☺ Improving my participation in conversation.</p> <p>Successes:</p> <p>Next Steps:</p>