

Phase 6: Re-evaluate and Revise

Questions to Help Revise your Action Steps

Here are questions to help facilitate the re-evaluation and revision process:

- Which actions did you accomplish?
- What made you successful?
- Which actions didn't you accomplish?
- What happened?
- Was the goal or action step too big or unrealistic?
- Was the action step scheduled at the wrong time?
- What did you do instead?
- Did you forget to do it? Do you need reminders?
- Do you want to change your action step or your goal?
- How could you do it differently?
- Did you allow someone or something to keep you from taking a step forward?
- What did you learn from this experience?

Jean's Example Jean made headway with her action steps of researching nutritional programs, attending her group, taking a cooking class and brainstorming better eating habits. She felt great about her progress in Nutrition.

In her next "round," she wants to start making her dietary changes.

As for Mind/Body Optimizing Practices, Jean is feeling very good about her progress of drinking water, saying her affirmations and managing her stress through breathing. However, since she didn't achieve all of her Mind/Body practices, she's decided to switch to every other day for affirmations, yet keep the water the same for one more round, to see if there is improvement.