

# Monitor and Evaluate the Outcome Steps

*Review* all tasks on Action Plan/SMART goal on a set pre-determined schedule: Don't wait until the end date.

- Are there any changes you have noticed so far (especially small or short term differences!)

*Think:*

- Satisfaction with efforts
  
- Impact on mood, behavior, functioning, relationships, etc.

*Reframe* "failures" as difficulties and opportunities to learn more

- What exactly happened when you tried to implement the plan?
  
- What did you learn that you didn't know before?
  
- Is the goal realistic? Should it be more clear?
  
- Have new obstacles come up?
  
- Are the steps difficult? Why?
  
- When not reached, it is usually a poorly defined problem/goal, not truly relevant or within your control, or too large: Redefine and simplify

*Redefine* the problem, modify the goal, simplify the action steps or choose a new problem/goal to implement