

6 Steps for Achieving Goals

Executive Function Skills

1. I know **what** to do

Planning, Organization,
Time Management,
Working Memory

2. I know **how** to do it

3. I **begin**

Response Inhibition, Task Initiation,
Emotion Regulation,
Time Management,
Working Memory, Metacognition

4. I **work through each step**

5. I **reflect** on what is & isn't
working, & **adapt & change**
as needed

Metacognition, Flexibility,
Emotion Regulation,
Goal-Directed Persistence

6. I **stick with & complete** tasks

Goal Steps from
Executive Function Foundations for Learning and Teaching,
Patricia W. Newall,
Landmark School Outreach Program

Goal Achieved