

Planning for Yourself!




Presented by:
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How to ABA

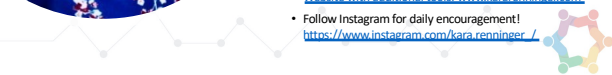


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About Kara...




- Previously managed a large ABA Agency as Executive Director for 10 years
- Shifted to Business Coach & Consultant in 2018
- Currently, works with clients in one-to-one and hybrid group coaching programs, with over half of her clients in the autism space
- Mom of four, with various learning challenges
- Focuses on teaching professionals to live in alignment
- Loves to help people make plans and achieve their goals!
- [Website with additional tools: www.kararenninger.com](http://www.kararenninger.com)
- Follow Instagram for daily encouragement!
https://www.instagram.com/kara_renninger/



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Strategic Planning

- Have you ever:
 - Developed a Behavior Service Plan for a client?
 - Asked parents for their goals?
 - Contributed to a strategic business plan for your business or a company you work for?
 - Incorporated ACT (or other goal planning) for others?
- *We do this for others, why not do it for ourselves?*



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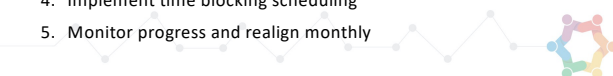


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Learning Objectives

You will:

1. Label 6 key areas in creating your vision plan
2. Create actionable one-month goals with detailed tasks for completion
3. Identify goals needed in support areas to achieve your vision
4. Implement time blocking scheduling
5. Monitor progress and realign monthly



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Download the forms here




<https://members.howtoaba.com/products/ceu-video-trainings/categories/215212287/posts/2164742713>



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ACT Values Matrix




Helpful Resources
These resources include a big brain dump of everything that we could not fit in the other categories!

The Bx Resource / Categories / Other ABA Techniques


Other ABA Techniques

ACT
Do the values matrix first before anything else - try to bring the "feelings" L...



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ACT Values Matrix



OUTSIDE (Publicly Observable Events)

3. What behavior do you emit on your WORST day ever? What might people see you doing when you're hooked by your thoughts/feelings that move you away from your values? (Observable and Measurable)

4. What behavior do you emit on your BEST day ever? If you were living in line with your values, what would we be doing more/less of? (Observable and Measurable)

VALUES - What matters most to you related to _____? Why are you doing what you are doing in the first place?


2. What thoughts/feelings/emotions might take you away from of moving towards your values?

AWAY FROM VALUES (AVOIDANCE)

TOWARD VALUES

INSIDE HEART AND HEAD (Covert Behavior - Thoughts/Feelings)

5. Based on this exercise, what is your COMMITTED ACTION to bring you closer to your values?



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QUARTERLY STRATEGIC PLANNING and NORTH STAR VISION

A quarterly plan enables you to set short-term objectives that support your long-term goals and gives you a sense of progress and success.




A north star vision is a long-term vision that provides inspiration and direction to guide you to a path of fulfillment and purpose.





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Phase 1: Courage - Vision






- Step up and create a bold vision for your future
- All strategic planning begins with your VISION
- Your vision is a detailed and vibrant picture of where you want your work and life to go in the future
- The clearer you can be about where you want to go, the greater your chance of getting there!
- Clarify your 3-year vision in 6 key areas



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




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INSIDE HEART AND HEAD (Covert Behavior - Thoughts/Feelings)

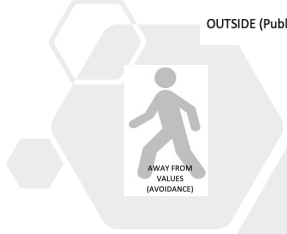
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AWAY FROM VALUES (AVOIDANCE)




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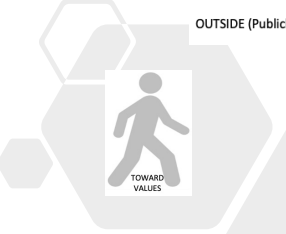
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


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ACT Values Matrix


OUTSIDE (Publicly Observable Events) 

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AWAY FROM VALUES (AVOIDANCE)   TOWARD VALUES


INSIDE HEART AND HEAD (Covert behavior - Thoughts/Feelings) 

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Committed Actions




- Use the North Star Vision to create committed actions to bring you closer to your values
- Imagine what life looks like in 3 years in each of the 6 areas in your North Star Vision
- Get out of your head and into your heart to do this exercise
- What REALLY matters? What do you REALLY want to have present in your life?




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Fillable PDF



List your Vision in EACH of the 6 areas:

Family & Friends




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Phase 2: Align


Bring your vision into reality with a plan

G – Goals
R – Rocks
T – Tasks



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 North Star Vision
 Quarterly Strategic Plan



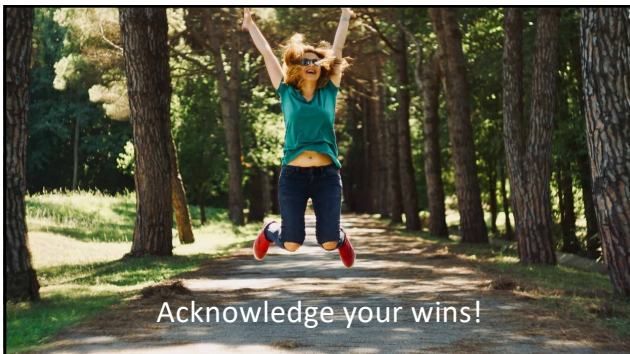
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Quarterly Strategic Planning

- Set short-term objectives that support your long-term goals
- Gives you a sense of progress and success
- Create quarterly goals for yourself
 - Then monthly
 - Then action steps



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Your Strategic Plan
 Q ____ Year ____

Goal






Rock Rock Rock

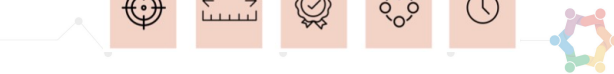
Tasks Tasks Tasks



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SMART Goals


 **S** Specific
 **M** Measurable
 **A** Achievable
 **R** Relevant
 **T** Time-bound



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Additional Support Goals

- Things that operate in the background to help you focus on your goals
- Examples:
 - Revising my work hours
 - Making a meal plan for your home
 - Incorporating a new time management routine
- What additional support goals do you want to achieve?



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Additional Support Goals

- Make sure these are SMART goals!
- Keep focused and limit this to TWO goals
- Examples:
 - I will block off 1 hour each Friday to meal plan for the upcoming week
 - I will block 30 minutes daily to move my body

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Action Steps

- What actions do I need to make this happen?
- Examples:
 - Set up my tools for meal planning (i.e. a notebook, a note in your phone, calendar, etc)
 - Make a list of accessible movement options that I have the equipment or tools I need to achieve this goal

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Plan Self-Care Goals

- How will you take care of yourself, mind and body, to achieve optimal success in this quarter?
- Make these SMART goals
- Examples:
 - I aim to get at least 8 hours sleep Monday through Friday
 - I will take at least TWO 20-minute breaks during the day where I either take a quick walk or do yoga
 - I will give myself one day off each month to do NOTHING

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Actions to make this happen

- Examples:
 - Block off time in my calendar
 - Have a conversation with someone in my life

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KEEP/STOP/START METHOD

An action-oriented approach for collecting and assessing your progress and identifying opportunities for improvement.



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Keep Stop Start Method

- To achieve your goals:
 - Some things that need to change
 - Some things that need to stay the same
- What practices work?
- What practices don't work?

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Keep Stop Start


- Monthly!
- At the end of the month:
- Schedule some time to ask yourself:
 - What you should KEEP doing
 - STOP doing
 - START doing
- to ensure that you are accomplishing your goals and tasks



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Month/Year _____

KEEP	STOP	START



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HOW TO ABA
ACT Values Matrix

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HOW TO ABA
ACT - Committed Actions

VALUES	GOALS	BEHAVIORS TO CHANGE	LIKELY BARRIERS	INTERVENTIONS	PAVLOFFS
Toward being...	To get to...	To get there, I will...	And when this happens...	I will... (not myself)	what I'll get...
Short Term:					
Long Term:					




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The Bx Resource

<https://www.members.howtoaba.com>





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<https://members.howtoaba.com/assessments/2147653216>



Quiz Link

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