

# Bi-Weekly Strategy Analysis

Use this as a guide before you begin every other week to analyze progress. Set a goal for each area.

What is one way I want to keep my cup full?

To keep my cup full, I will... (ex. plan my next day before bed)

What is one way I can switch my mindset?

I will switch my mindset by... (ex. looking at the situation from my child's perspective)

What is one change I will communicate with my child?

I want to communicate more effectively with my child by... (ex. Getting down on his level when giving directions)

Target behavior modification focus

The target behavior I want to modify is... (ex. Throwing when upset)

What strategy will I implement to modify the behavior mentioned above?

The strategy I want to implement is... (ex. Taking him to a safe spot each time he throws)

# Bi-Weekly Strategy Analysis

Use this as a reflection piece after you've implemented the changes from the previous sheet for 14 days.

Was I successful in keeping my cup full? What changes did I see?

|                   |   |
|-------------------|---|
| Was I successful? | What changes did I see in myself/my relationships? What can I change next week? |
|-------------------|---|

Was I successful in switching my mindset? What changes did I see?

|                   |  |
|-------------------|--|
| Was I successful? | What changes did I see in how I handled situations? What can I change next week? |
|-------------------|--|

*GENERATION*  
**on a mission**

How did my communication with my child change? How did that help when disciplining or improving the quality of our relationship?

|                                  |   |
|----------------------------------|---|
| I changed my communication by... | What changes did I see in our relationship or in moments needing discipline? What can I change next week? |
|----------------------------------|---|

What strategy did I implement to address the target behavior? Did I find success?

|          |  |
|----------|--|
| Strategy | What worked or didn't work? What can I change next week? |
|----------|--|

