

## Action Plan (1 of 4)

### Know Myself

Where am I at in my life right now? How is my energy? My mood? Is life overwhelming and stressful? Or do I have the time and energy to try some new ideas?

Is there someone else (a spouse, grandparent, or friend) who is willing to discuss these ideas and help me put them into practice?

Most things take some combination of money, effort, and time. Which of these do I have in more abundance? Which is limited right now?

### Know My Kid

How is my kid doing in terms of energy, emotions, and mood? What are their needs right now? Do I need to build up our relationship first before trying new things?

Does my kid feel that I "see" them for who they really are inside? Do I respect their goals, hobbies, and favorite things? Or am I trying to shoehorn them into my vision for their life? Where do their goals and my goals intersect?

If my kid could magically make their school experience any way they wanted, what would they do? (Would they want to go to Hogwarts? Zoo School? Flight School?)

What is unusual and special about my kid? How can I build on these strengths?

What makes me most proud of them? What makes them most proud of themselves?

What are their biggest challenges? Are they worried about these challenges too? How can I support them to improve in this area? How important is it to work on this?

Learn how to use this from the book:  
**CRITICAL THINKING: Teach your kid**  
how to be smart, make good decisions,  
and get things done, by C. H. Dadmun



Licensed under Creative Commons

CC-BY-NC-ND

Copy full page  
with attribution.



## Action Plan (2 of 4)

### Set our Goals

After doing the assessments for CogSkills and Real-Life Challenges, what are my priorities? Do I want to broaden all my kid's skills? Fill gaps? Build on strengths? Both?

Is it most important to make up for skills not being covered by school? Or do I want to focus on certain skills for other reasons?

From the **CogSkills Assessment**, what are my kid's strengths and weaknesses?

Which CogSkills are getting the most support and opportunity to practice in my kid's life already? The least?

Which CogSkills do I think are the most important for my kid's future?

From the **Real-Life Challenges Assessment**, what are my kid's strengths and weaknesses?

Which Real-Life Challenges does my kid get the most opportunity to work on? The least?

Which Real-Life Challenges do I think are the most important for my kid's future?

## Action Plan (3 of 4)

### Add “I Wonder” and OOPS!

When do I see my kid have an “**I Wonder**” mindset? When does it seem to disappear?

What things do we already do in our family that encourage the “I Wonder” mindset?

What else could we try, or do a bit differently?

What things do we already do in our family that add **OOPS!** to learning experiences?

What else could we try, or do a bit differently?

How can we improve Ownership?

How can we provide more Opportunity to Practice?

How can we give more Support?

How can we reinforce a low-key, "Oops!" attitude? As a family, when do we seem to have the most fun together? How might that help?

## Action Plan (4 of 4)

### Make the Action Plan

Which specific Try It! activities am I most eager to try? Have we done some of them already?

What do I wonder about? What aspects of cognition do I want to learn more about?

Considering my energy and resources, my goals and priorities, and the specific activities I've noted, which are three specific action items that I want to try first? (Remember, you can always add later!)

1.

2.

3.

What days of the week and times of day seem most flexible and relaxed in our family? Can I plan these action items for these times? Can I try the simplest one today or tomorrow?