

## Out of the Classroom and into My Planner: Charting Accountability to Achieve Personal Goals

Bruce Schroeder

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Precision Teaching picks up where *Time Management* 101 left off. Based on the benefits we have seen in the classroom over the last twenty-five years, it makes sense to look for ways that Precision Teaching could have a positive impact on our personal lives. After setting goals, charting provides a consistent, but flexible, method of creating a visual tracking of progression or regression toward our goals. Decisions can be made and analyzed based on our personal behaviors. Daily, Weekly, Monthly, and Yearly Charts can be used to summarize behavior representing present, future, and even past goals.

A suggested method of using Precision Teaching to assist with personal goals is as follows:

- a) set personal goals for yourself, and write them down;
- b) select what and how to measure, set aims;
- c) count behaviors daily, weekly, monthly, yearly;
- d) chart behaviors;
- e) decide if you need to adjust or make changes in your behavior;
- f) based on interest and progress, adjust and add goals.

As you get started charting personal goals, it is helpful to share your Charts with others to gain insight and clarify your learning pictures. The Chart shown here is one of the first Bruce Schroeder constructed when he started personal charting. He has dozens of Charts and examples from a whole range of personal areas, covering 20 years of personal behavior.

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CALENDAR YEARS

0 1 2 3 4 5 6 7 8 9 10

1987 YEAR 1988 YEAR 1989 YEAR 1990 YEAR 1991 YEAR 1992 YEAR 19 YEAR 19 YEAR 19 YEAR 19 YEAR

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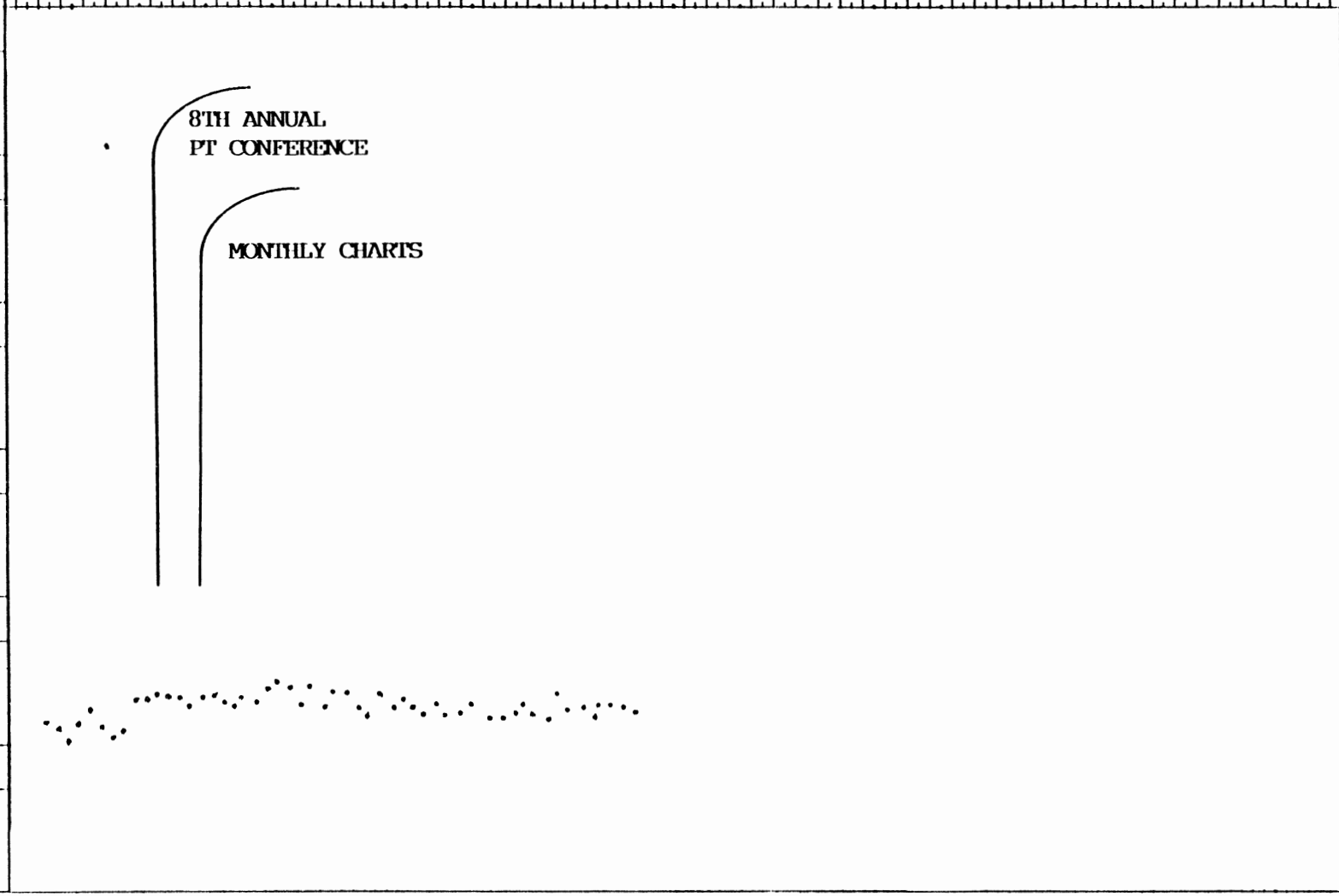
50

10

5

1

COUNT PER MONTH



0 10 20 30 40 50 60 70 80 90 100 110 120

SUCCESSIVE CALENDAR MONTHS

# of Days Exercise @ Month

COUNTED

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 SUPERVISOR      ADVISER      MANAGER

B. SCHROEDER

BEHAVER

AGE

LABEL

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 DEPOSITOR      FREE AGENCY

B. SCHROEDER

COUNTER

B. SCHROEDER

CHARTER

TIMER