

100 Essential Planning Activities

Anticipation

See activities 100-101
Plan ahead and avoid the stresses and hassles of time

Assessment/Review

See activities 102-103
Reflect on what you've done
and done well

Preparation

See activities 104-105
Get ready to do things
without actually doing
them

Completion

See activity 106
Reflect on what you've
done for yourself, others,
and society

Change

See activities 107-108
Get ready to change
your habits, group or
community habits, or difficult
situations or complex settings

Performance

See activities 109-110
Practice things and learn to
do them when things do not work
out as planned

Endorse

See activities 111-112
Get personally, publicly, and
communityally involved

Review

See activities 113-114
Reflect on what you've done
and done well for
yourself and others

Completion

See activities 115-116
Get ready to do things
without actually doing them

Endorse

See activities 117-118
Get personally, publicly, and
communityally involved