Weekly Goal-Setting

Today’s date:

Goal(s) for semester:



1. Did you keep up with your goals last week? If so, jump to Question #4

2. If not, what got in the way?

3. If not, what do you think you should do differently this week?

4. If you met your goals over the past week, what worked well that you should do again?

5. What are the specific goals for this week?

a)

b)