

GOAL-SETTING PLAN

My Measureable Goals for this Month

One Thing to Add: _____

One Thing to Eliminate: _____

One Thing to Learn: _____

My Measureable Goal for Week 1: _____

Accomplished? Y / N Lessons learned: _____

My Measureable Goal for Week 2: _____

Accomplished? Y / N Lessons learned: _____

My Measureable Goal for Week 3: _____

Accomplished? Y / N Lessons learned: _____

My Measureable Goal for Week 4: _____

Accomplished? Y / N Lessons learned: _____

My Measureable Goal for Week 5: _____

Accomplished? Y / N Lessons learned: _____

Take a minute to list your successes this month – both big and small! Be prepared to share at least one with the group. And remember, this is a journey!