

At-Home Worksheet—Week 1 Goal Guide

Name: _____

Date: _____

Three-month goal: _____

Create your small steps for this week (one to two goals):



1. Work to complete all your TO-DO's during the week.
2. Write in the OUTCOME boxes whether you completed them.
3. Describe any obstacles that came up.

Step 1.

Step 2.

	MON	TUE	WED	THU	FRI	SAT	SUN
TO-DO's							
OUTCOME (What happened)							