

At-Home Worksheet 2—Weekly Goal Guide

Name: _____

Date: _____

Three-month goal: _____

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

Step 1.

Step 2.



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.

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