At-Home Worksheet 2—Weekly Goal Guide

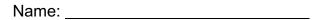
Three-month goal:

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

Step 1.

(What

Step 2.



Date:



- 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** happened)