

## Worksheet for Chapter 4 - Setting Realistic Goals

Every week for the next month look at each of these sections of your R.E.A.L. goals and check them off as you accomplish them.

Goals	Week 1	Week 2	Week 3	Week 4
What did you do to move forward				
What excuses have been vanquished				
Action steps to move forward – physical or mental				
Goal for each week				