

Goals for a Better Week

Name _____ Age _____ Date _____

How did your week go? _____

How do you want your week to go? _____

What can you do to change your week to make it go the way you want it? _____

Make a timeline of what makes a good week.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Use this to practice having a good week. Change anything you need to make it even better as the weeks pass and you learn from them.