

GOALS & *Action Plan*



GOAL FOR THE WEEK



ACTION STEPS CHECKLIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAILY PROGRESS CHECK

- ☐ Sunday
- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday



WEEKLY REFLECTION

What worked?



What can I improve?
