

Name: \_\_\_\_\_ Per: \_\_\_\_\_ Date: \_\_\_\_\_

## Weekly Goal Sheet

Topic:

Goal #1:

Assess yourself: Which word best describes your progress on Goal #1?

1 (Novice)

2 (Apprentice)

3 (Practitioner)

4 (Expert)

Describe what you did this week to work towards reaching your goal.

Describe what you can do to improve and reach this goal, or what you will do to continue to do for future goals.

Topic:

Goal #2:

Assess yourself: Which word best describes your progress on Goal #1?

1 (Novice)

2 (Apprentice)

3 (Practitioner)

4 (Expert)

Describe what you did this week to work towards reaching your goal.

Describe what you can do to improve and reach this goal, or what you will do to continue to do for future goals.