Set Your Weekly Goal

Fill out this page at the end of each week to help you set goals for your coming week.

My Goal for This Week

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I will tell my goal to __________________ who will help me be accountable.

________________________________________________________________________

Results

If your idea did not work the way you thought it should, refrain from self-criticism and use your curiosity instead. Ask yourself what you can learn from what happened. Remember that the purpose of setting goals is to move forward, and that requires assessment, action and reassessment.

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