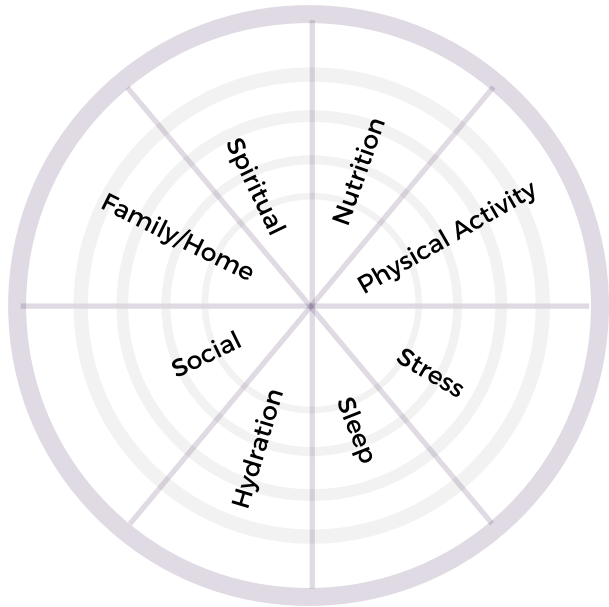


BE A GOAL-GETTER

Name:

Date:



My ultimate goal is:

MINI GOAL/S	M	T	W	TH	F	S	S

Set 1-3 mini goals focused on balancing out your wheel to reach your ultimate goal. Make sure your behavioral goal is SMART! (Specific, Measurable, Action-based, Realistic, Timed)

ASK YOURSELF:

- Do my goal/s align with my ultimate goal and do I understand why I'm doing it?

- Confidence in achieving goal:

(unconfident) 1 2 3 4 5 6 7 8 9 10 (very confident)

**If <7, re-evaluate the goal/s and modify working until you are >8.*

- What challenges/obstacles MIGHT you face this week that could block you from completing your goal/s that day?

WEEK ___ REVIEW:

Challenges/obstacles I ACTUALLY faced this week:

Positive experiences/A-HA moments I had: