

I'm a Monthly Goal Setter

Directions: Set a reasonable goal for you to accomplish this month. Complete the form below and be ready to discuss your progress as the weeks go by.

My Name:

The month of:

My goal for this month is

These are the steps I will take to achieve my goal (You do not have to use all 5 steps):

- 1.
- 2.
- 3.
- 4.
- 5.

Mid-Month Check

_____ I am on schedule and working towards achieving my goal. Explain why you think you are on schedule.

_____ I am a little behind schedule as I work towards achieving my goal. Explain why you think you are behind schedule.

_____ I have not spent much time working towards my goal. Explain why you think you have not spent much time working towards your goal.

End of the Month Check

Did you accomplish your goal? (Explain why or why not.)

