

My goals for this week

Date: ___/___ - ___/___

Set yourself challenging but achievable goals.
This could be a subject to learn about, a new skill to master, something to spend more time on...

Write big goals for the week at the top of each box and smaller goals that will help you achieve it inside.

GOAL 1: _____

To achieve this, I will need to...

- _____
- _____
- _____

GOAL 2: _____

To achieve this, I will need to...

- _____
- _____
- _____

GOAL 3: _____

To achieve this, I will need to...

- _____
- _____
- _____

Have someone go over this with you at the beginning and end of each week to help you set goals and stay on track.

How can they can help you achieve these goals?

The week is over!
How well do you think you did?

1/10

What are some goals you could set for next week?
