

# GOAL-SETTING WEEKLY CHECKLIST

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## I. MY GOALS AT HOME:

### A. List 2 goals for this week:

Goal 1 \_\_\_\_\_

Goal 2 \_\_\_\_\_

## II. DEMONSTRATING RESPONSIBILITY AND COMMITMENT:

### A. When working toward achieving my goals, I put forth...

1- No Effort

2-Some Effort

3-Good Effort

4-MY BEST EFFORT!

Goal 1. \_\_\_\_\_

Goal 2. \_\_\_\_\_

### B. I went "one step beyond" (gave that extra effort) in one my goals this week.

This is how I went "one step beyond" ...

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## III. SELF-ASSESSMENT:

### Goal 1

\_\_\_ ACHIEVED

\_\_\_ Somewhat achieved

\_\_\_ Didn't work out as planned

### Goal 2

\_\_\_ ACHIEVED

\_\_\_ Somewhat achieved

\_\_\_ Didn't work out as planned