

**Goals Sheet: Week#**

Name \_\_\_\_\_

Date \_\_\_\_\_

**1. What are my goals for this week?**

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**2. How will I know I've reached my goals?**

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5. *What didn't work?*

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6. *Did I reach my goals?*

7. *Could I have done anything differently? If so, what?*

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8. *Did I learn anything about myself? If so, what?*

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