

## Setting Goals

### Week 1

Something I want to work on this week is \_\_\_\_\_

Something I can do to improve is \_\_\_\_\_

### Week 2

Something I want to work on this week is \_\_\_\_\_

Something I can do to improve is \_\_\_\_\_

### Week 3

Something I want to work on this week is \_\_\_\_\_

Something I can do to improve is \_\_\_\_\_

### Week 4

Something I want to work on this week is \_\_\_\_\_

Something I can do to improve is \_\_\_\_\_

### Week 5

Something I want to work on this week is \_\_\_\_\_

Something I can do to improve is \_\_\_\_\_

### Week 6

Something I want to work on this week is \_\_\_\_\_

Something I can do to improve is \_\_\_\_\_

### Week 7

Something I want to work on this week is \_\_\_\_\_

Something I can do to improve is \_\_\_\_\_

### Week 8

Something I want to work on this week is \_\_\_\_\_

Something I can do to improve is \_\_\_\_\_