1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ‘s Personal Short-Term Goal:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Goal? |  |  |  |  |  |  |
| Achieved? |  |  |  |  |  |  |

**2. (& 5.)Possible Conflicts?**

**Possible Solutions to Conflicts?**

**3. Is this a realistic goal?**

**4. a. What are my needed resources?**

**4. b. Have I acquired the necessary resources?**

**5. See Above.**

**6. Mark off on chart when completing goal. If you do not accomplish it, explain why not.**

**7. Reward: Did you offer daily rewards? What were they?**