

My Goal Tracker

Each day this week, think about your day and how you are feeling about your goal. Rate how you feel about the importance of your goal (1 = not important at all, 10 = very important), and how confident you feel in reaching your goal (1 = not confident at all, 10 = very confident).

Goal Statement:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Importance*							
Confidence*							

***Importance of my goal** (1 not at all---10 very important)

***Confidence I can reach my goal** (1 not at all---10 very confident)