

My Goal Tracker

Directions

Each day this week, think about your day and how you feel about your goal. On a scale from 1 to 10, rate how important your goal feels and how confident you are that you can reach your goal.

When rating the importance of your goal:

- 1= The goal does not feel important at all
- 10 = The goal feels very important

When rating your confidence in your goal:

- 1 = I'm not at all confident that I can achieve my goal
- 10 = I'm very confident that I can achieve my goal

My Goal Statement:

Rating Tracker:

Monday

Importance of Goal on Monday:

Confidence in Goal on Monday:

Tuesday

Importance of Goal on Tuesday:

Confidence in Goal on Tuesday:

Wednesday

Importance of Goal on Wednesday:

Confidence in Goal on Wednesday:

Thursday

Importance of Goal on Thursday:

Confidence in Goal on Thursday:

Friday

Importance of Goal on Friday:

Confidence in Goal on Friday:

Saturday

Importance of Goal on Saturday:

Confidence in Goal on Saturday:

Sunday

Importance of Goal on Sunday:

Confidence in Goal on Sunday: