

# 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:

Day	Importance of Goal	Confidence in Goal
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		