

Date Subject

Name

Things About

Recognizing my personal characteristics in order to make good use of personal resources

What are my strengths and where do I need improvement? ▼

What I'm good at ►

What I need to improve ►

What are some choices I have made in the past? ▼

3 good choices ▼

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3 choices I would like to change ▼

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What goals did I set out for myself this week? ▼

| Goal | Accomplished? | Why or Why Not? |
|------|----------------------------------------------------------|-----------------|
| | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| | <input type="checkbox"/> Yes <input type="checkbox"/> No | |

