## My Goals

Date:	<del></del>
This week I WIL	L
What?	
Help needed?	Yes / No
How much?	- <del></del>
When?	
How often?	
Confidence level:	out of 10
Goal achieved:	YES / NO
Evaluation:	
Date:	<del></del>
This week I WIL	L
What?	
Help needed?	Yes / No
How much?	
When?	
How often?	
Confidence level:	out of 10
Goal achieved:	YES / NO
Evaluation:	