Weekly Goal and Progress Report

Your Name ___________________________________

Week of __________________ to __________________ , 20___

Each journey is made one step at a time. Similarly, changes in behaviors are often best made by small movements toward a desired long-range goal.

Try this exercise to see how easy it is to make desired changes by beginning with a single, small step.

1. Describe here a behavior that you want to change. It might have to do with school or with some other aspect of your life (e.g., to stop smoking, to meet more people, to change a particular study habit, etc.)

2. After giving some thought to the problem, decide what small change in behavior you could make this week that would move you one step toward your long-range goal (e.g., “I will limit myself to X number of cigarettes per day,” “I will make a point of talking to one stranger in my apartment this week,” etc.).

3. If appropriate, write down a “plan of action” or strategy here that you will use to carry out your weekly goal (e.g., “I will only carry X number of cigarettes and will tell my friends not to let me borrow any from them,” or “I will spend time in the apartment rec room where there is more chance to meet people,” etc.).

4. Progress Report. Fill this part in at the end of the week. Briefly describe the results you achieved. If you are not satisfied with the results, write down what changes in strategy might improve them.

Based on how diligently you did this exercise, award yourself one to ten points (circle a number): 1 2 3 4 5 6 7 8 9 10