

# WEEKLY REPORT CARD

FOR MY TOP GOAL THIS YEAR

GOAL: .....

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

### MY BEST RESULTS CAME FROM

- VISUALIZING MY GOAL
- ACTING AS IF
- STUDYING PERSONAL DEVELOPMENT
- TAKING ACTION EACH DAY
- BEING ACCOUNTABLE

### I WILL WORK MORE ON

- VISUALIZING MY GOAL
- ACTING AS IF
- STUDYING PERSONAL DEVELOPMENT
- TAKING ACTION EACH DAY
- BEING ACCOUNTABLE

### MY HABITS

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	ALWAYS	SOMETIMES	RARELY
I TAKE ACTION EVERY DAY	_____	_____	_____
I TAKE LEARNING SERIOUSLY	_____	_____	_____
I PUSH PAST MY DISCOMFORT	_____	_____	_____
I REFRAME FEAR INTO EXCITEMENT	_____	_____	_____
I EXPECT GOOD THINGS TO HAPPEN	_____	_____	_____

GRADE FOR THE WEEK

/ 10

MY PLANS FOR PROGRESS AND IMPROVEMENT NEXT WEEK:

\_\_\_\_\_  
\_\_\_\_\_

