WITHIN ONE WEEK

SMART GOALS | Specific | Measurable | Attainable | Realistic | Time Limited

1. ____________________________
2. ____________________________
3. ____________________________

WMD’S | Weapons of Mass Distraction |

1. ____________________________
2. ____________________________
3. ____________________________

COUNTERERING ACTIVITIES

1. ____________________________
2. ____________________________
3. ____________________________

ACCOUNTABILITY PARTNER

Name: ____________________________

Check in date/time: ____________________________

PERSONAL INVESTMENT

1. Therapy __________________
2. Consultation Group _______
3. Training _______
4. Professional Service _______