

# CARING SAFELY WEEKLY SHEET

DATE/MODULE:

"WITH CHANGE COMES OPPORTUNITY"

Beginning of Week Motivation Level: Low  1  2  3  4  5  6  7  8  9  10 High

## WEEKLY FOCUS/INTENTION

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## WEEKLY GOAL #1

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## 90 DAY GOALS AND VALUES BEING SUPPORTED

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## WEEKLY GOAL #2

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## WHAT WILL HELP ME ACHIEVE MY GOALS THIS WEEK

Goal #1 

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Goal #2 

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Goal #3 

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## WEEKLY GOAL #3

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## IN ORDER TO REACH MY GOALS, I WILL LET GO OF:

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## WEEKLY PREPARATION

- I reviewed my values and 90 day goals
- I filled out my weekly sheet
- I printed/filled out my day sheets for the week
- I have what I need to succeed this week
- I know what I will try differently
- I am not judging myself for the process
- I know the week will have ups and downs
- Other: \_\_\_\_\_

End of Week Motivation Level: Low  1  2  3  4  5  6  7  8  9  10 High