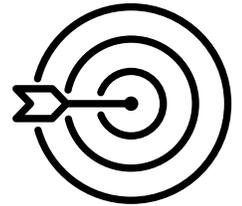




TRAINING & INTERESTS

GOALS



Setting weekly goals is an important part of creating structure, focus, and forward momentum in independent living. Clear, realistic goals help break larger life changes into manageable steps, making progress feel achievable rather than overwhelming. By identifying what you want to accomplish each week—whether related to employment, health, appointments, or personal routines—you build consistency, accountability, and confidence in your ability to follow through.

Weekly goals also provide a sense of purpose and direction, especially during periods of transition. They help residents track progress, adjust plans when needed, and recognize small wins that add up over time. Establishing and reviewing weekly goals encourages responsibility, reinforces positive habits, and supports long-term stability by keeping attention on growth, improvement, and personal success.

Weekly check in

DATE _____

TOP 3 THINGS I DID THIS WEEK

- _____
- _____
- _____

THIS WEEK I FELT



MOST REWARDING INTERACTION I HAD THIS WEEK

NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK

