



One Step at a Time Goal Sheet – Module 1

Name: _____

Date: _____

Please select one goal that you will implement within the next week after your review of the Guidelines:

By _____, I will do the following:

Signature: _____

Date: _____

Post this response on the Discussion Board for the online course

Self-evaluation

1. Was the above goal achieved? Yes No

2. Why or why not:

3. Date it was completed: _____

4. Notes:
