



One Step at a Time Goal Sheet – Module 2

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 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:
