

# Goals Weekly Review Template

Use this to review and critique your progress over the past week.



## Week in Review – Template End of Week \_\_\_\_

**Results** - *brief description of what happened as it relates to this goal.*

**Good Actions** - *describe the activities, thoughts, observations about what went right this past week, as it relates to this goal.*

**Growth Opportunities** - *describe what you might change for the next week – what were your weaknesses over the last week, as it relates to this goal.*

**Future Actions** - *list what you will do this coming week, how will you change or keep on doing what you're doing, as it relates to this goal.*

---

### #1 Goal:

1. **Results** –
  2. **Good Actions** –
  3. **Growth Opportunities** -
  4. **Future Actions** –
- 

### #2 Goal:

1. **Results** –
  2. **Good Actions** –
  3. **Growth Opportunities** -
  4. **Future Actions** –
- 

### #3 Goal:

1. **Results** –
  2. **Good Actions** –
  3. **Growth Opportunities** -
  4. **Future Actions** –
- 

### #4 Goal:

1. **Results** –
  2. **Good Actions** –
  3. **Growth Opportunities** -
  4. **Future Actions** –
- 

### #5 Goal:

1. **Results** –
2. **Good Actions** –
3. **Growth Opportunities** -
4. **Future Actions** –