

Goal #: _____

Write today's date in the box that coincides with your current progress. Below, provide an explanation as to why you marked that and your next step moving forward on **two** of the check-in days of your choice.

	Attempting/ Beginning	Strong Effort	Meeting Self-Expectations	Exceeding Self-Expectations
Am I following the action steps I outlined in my Personal Development Plan?				

Date: _____

Where did you rate yourself? Why? _____

What changes will you make going forward? What are your next steps? _____

Date: _____

Where did you rate yourself? Why? _____

What changes will you make going forward? What are your next steps? _____
