

Review & Preview Weekly Progress

Power forward every week. Review and Preview every Saturday-Sunday using SMART goals.

Specific: Set weekly goals that are measurable. Define what you want to accomplish.

Moderate: Select 2-5 goals per week. Too many goals can be overwhelming.

Accountability: Show and tell someone what you plan to do. Connect every week.

Record: It is helpful and motivating to keep a written record of progress every day.

Time-activated: Put your plans in your calendar for every day.



List and celebrate progress, accomplishments, blessings. Praise God from Whom all blessings flow. Share with others as appropriate and opportunity provides.

1. _____
2. _____
3. _____



What Did You Learn?



List SMART goals for next week. Be anxious for nothing, but in everything by prayer and petition with thanksgiving, let your requests be made known to God.

1. _____
2. _____
3. _____



What Help Do You Need?