

## LIST YOUR GOALS BELOW

Be sure to contact your accountability partner as you write down and then accomplish your action goals.

Sleep/Spiritual Goals
Stress/Academic Goals
Eating/Breakfast Goals
Exercise/Fun Goals
Other Goals

## PE 152 FOCUSING SYSTEM

Each week, write down three (3) action items that, when accomplished, will move you closer to achieving your goals at the left. You may choose all three focused toward a single goal or three things that will help you meet multiple goals.

W1	Accountability Partner Contacted	YES	NO
1			
2			
3			
W2	Accountability Partner Contacted	YES	NO
1			
2			
3			
W3	Accountability Partner Contacted	YES	NO
1			
2			
3			
W4	Accountability Partner Contacted	YES	NO
1			
2			
3			
W5	Accountability Partner Contacted	YES	NO
1			
2			
3			

Accountability Partner's Name/Mail Box Number			
Accountability Partner's E-Mail			
W6	Accountability Partner Contacted	YES	NO
1			
2			
3			
W7	Accountability Partner Contacted	YES	NO
1			
2			
3			
W8	Accountability Partner Contacted	YES	NO
1			
2			
3			
W9	Accountability Partner Contacted	YES	NO
1			
2			
3			
W10	Accountability Partner Contacted	YES	NO
1			
2			
3			