

SET YOUR SMALL ACTION STEPS FOR EACH WEEK

WEEK 1: Communication Time for This Week _____

Action Steps

Results

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

Weekly Reward for Achieving These Action Steps _____

WEEK 2: Communication Time for This Week _____

Action Steps

Results

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

Weekly Reward for Achieving These Action Steps _____

WEEK 3: Communication Time for This Week _____

Action Steps

Results

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

Weekly Reward for Achieving These Action Steps _____

WEEK 4: Communication Time for This Week _____

Action Steps

Results

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

Weekly Reward for Achieving These Action Steps _____