



Weekly Small Steps

Date:

Date:

<p>Stand for Changing my Behavior: "I will <i>not</i>...</p>	<p>Stand for Changing my Behavior: "I will <i>not</i>...</p>
<p>For this week, my Small Step to reach my stand is: "I will ...</p> <p>Is my small step proactive and measurable? (i.e. how much, by when, etc.)</p>	<p>For this week, my Small Step to reach my stand is: "I will ...</p> <p>Is my small step proactive and measurable? (i.e. how much, by when, etc.)</p>
<p>I'm getting support: WHO</p> <p>WHAT</p> <p>WHEN</p>	<p>I'm getting support: WHO</p> <p>WHAT</p> <p>WHEN</p>
<p>I'm giving support: WHO</p> <p>WHAT</p> <p>WHEN</p> <p>PHONE #</p>	<p>I'm giving support: WHO</p> <p>WHAT</p> <p>WHEN</p> <p>PHONE #</p>
<p><u>My</u> success this past week was:</p>	<p><u>My</u> success this past week was:</p>