

Name: _____

Successful Goals = Successful Habits

Rate yourself for each of the habits/behaviors:

Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

Rating

Behavior/Habit

Stay motivated.

Avoid procrastination .

Work hard.

Remain focused and avoid distractions.

Know what you want and be decisive.

Persist despite obstacles.

Handling change well.

Look at your ratings and prioritize 2-3 areas you need to work on. Write action steps to improve these areas:
