



## My Goal Chart

Now that you have completed the Caregiver and Patient Forms, it is time to decide what two (yes, only two) 😊 goals we should focus on for the next 30 days. You can make a list of all of your goals if you would like, and pick two. Our shared goal is that you actually achieve your goals. If you aim too high and don't meet your expectations you will be frustrated. We want to manage the frustration not add to it!

Complete this form and email it to [Sally@sallycares.com](mailto:Sally@sallycares.com) or fax it to us at 941-492-2446

Now, "let's get going!" 😊

Please print the following information:

Date: \_\_\_\_\_ Caregiver's Name: \_\_\_\_\_ Patient's Name: \_\_\_\_\_

Email address: \_\_\_\_\_ Contact phone number: \_\_\_\_\_

Two Challenges I want to improve are:	In 30 days I would like my Result to be:	My Motivation to Reach This Goal Is:			
(Describe in Detail)	(Describe in Detail)	75-100%	50-74%	I doubt It will happen	Comments



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