

# Strengths Program

## Welcome Packet & Pre-Work



## Getting Started Goals Worksheet

You may have filled in something similar online. This gives you an opportunity to revise and add.

**Think about your involvement in the Strengths (I call them Super Powers) program. What excites you most about this opportunity?**

**Look ahead 90 days from now. How do you want your life to have changed as a result of this program? Be as detailed as possible.**

**What are some of the things that are not working for you, and that you want to remedy by being in this program?**

**What is your biggest motivation for being in this program?**

**How will you reward yourself when you accomplish your goals?**

**Weekly Tracking Sheet for the Week of:** \_\_\_\_\_

*Keep track of your weekly successes, challenges, goals, questions, and progress.*

This Week's Goals / Plan of Action: \_\_\_\_\_

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Notes: \_\_\_\_\_

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My Questions and Successes: \_\_\_\_\_

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