



## WEEKLY SELF-EVALUATION

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Write your overall goal, say, for example, getting a promotion. Know that your personal goal is outside of your control because it is impacted by the outside world. Then, write what you believe are concrete steps within your control, which will bring you closer to your goal. This could be getting to work early and staying late, completing projects on time, etc. You can pick anything as long as it is not affected by variables in the outside world. It has to be in your control.

Then you have to determine your effectiveness at completing the concrete steps. This evaluation has to be done by you, and not manufactured by reinforcement or reassurance from the outside world. Anything above an 8 is squarely in the Reinforcement Zone. Once you evaluate yourself, reward yourself accordingly.





# WEEKLY SELF-EVALUATION

	GOAL	CONCRETE STEP(S):	WEEKLY EVALUATION (1-10)
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

A PATH TO SUSTAINABLE LIFE SATISFACTION  
Dr. Jennifer Guttman

