

Date	Goals	Barriers	What worked	Plan	Self-care	Self-Advocacy 1-10	Feelings
	1.						
	2.						
	3.						
	1.						
	2.						
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	2.						
	3.						
	1.						
	2.						
	3.						
	1.						
	2.						
	3.						

What was challenging this week and how did I address it?

What do I need from group this week?

What is my focus for the coming week?

What things am I looking forward to in the coming week?

Notes for the week:
