

My values and I.



Weekly monitoring template.

Date: _____

Weekly Monitoring

Dimension	Goal	Progress	Obstacles
Spiritual			
Emotional			
Social			
Physical			
Intellectual			
Occupational			
Financial			

Instructions:

- 1.- Choose one day a week to do this weekly monitoring.
- 2.- Determine one to three goals, no matter how small, in each dimension and write them in the first column.
- 3.- At the end of the week reflect on the progress made and areas of growth. According to the learnings, use a separate sheet to plan the next week's learning.