

WEEK 2

REFLECTION/ HOMEWORK



10-15 MINUTES

For homework this session, I would like to you complete two tasks.

1. Facilitator should pass out the “Take Home Impressions” handout (found in handout section for this week, see below). Please take your time and complete this worksheet, because it will help you to reflect on what you learned in this session. Please bring it with you to our next meeting and share your responses with your group leader.
2. For our next meeting, I would like you to use the SMART Goals Log and the information you learned about SMART goals today to set at least one new goal for yourself. Facilitator should pass out “SMART Goals Log” handout (found in handout section for this week, see below). Use this sheet to help you create S.M.A.R.T. goal(s) and start working on meeting those goals. Review your goal(s) with your designated support person. Encourage your support person to help you stay on task with your goals over the course of the next few weeks. Be prepared to discuss the next time we meet.



DISCUSSION PROMPT

Do you have any questions?