

*This worksheet is intended to help guide group discussion. We encourage you to take a few minutes and jot down some notes. You might find it not only helps yourself, but others too.*

Today's Date:

*Set a goal*

*respect confidentiality*

*provide support*

What have I worked on over the last week? How have I accomplished my personal goal/goals?  
What have I learned?

What is one positive thought/special moment that I've had over the last week?

Do I have thoughts/ideas I'd like to share during the second half of group? What new things have I learned/read or listened to that might be helpful to someone else?

What goal/goals can I set for the coming week? Are these realistic?

*stay positive*

*be thoughtful*

*share successes*