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