

NAME:

DATE:

REFLECTIONS

Use this worksheet to reflect on your behavior change project. Be sure to refer back to your weekly evaluation worksheets and journal entries to get an accurate picture of your progress!

1. My behavior change was:

2. My personal feelings on the project and behavior change process were:

3. My major obstacles and resources I used to overcome or prevent them were:

4. Summary of goals I attained:

5. My overall assessment of the assignment: