



The Positivity Institute

RESOURCES

COMPLETION LOG

NAME

DATE

SESSION NUMBER.....

SMART goal/s:

- 1.
- 2.

Values:

Items to complete in order to take you closer to your goal/s

DONE?

| | |
|-----|--|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |
| 7. | |
| 8. | |
| 9. | |
| 10. | |
| 11. | |
| 12. | |
| 13. | |
| 14. | |
| 15. | |

Rate your degree of confidence in completing items

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10