

Staying on My Track worksheet

What made you want to change?

Why is staying on track important?

What changes have you noticed since you started staying on track?

If you keep working to stay on track, what does your life look like?

How have these changes affected your life?
Your family?

How do you feel about what your life could be?

What will your life look like if you keeping working to stay on track?

What can you do to keep staying on track?

