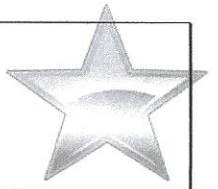


# My Goal Plan



Name(s): Evelyn Date: 6/14/13

1. What do I want to accomplish (my goal)? Get more sleep
  
2. Why is this important to me? I'm too tired to take good care of my baby.  
 On a scale of 1-10, how important is this to you (circle one)?    1   2   3   4   5   6   7   8   9   **10**  
Not important Very important
  
3. What strengths and resources do I have that will help me accomplish this? My husband supports me. I'm motivated!
  
4. What could get in the way of my achieving this goal? No one else to babysit, too many chores, baby keeps waking up
  
5. What will I do if this happens? Ask Mary for more ideas
  
6. Who will support me? Martin

Steps to take	Target date	Date comp.
<b>My Goal:</b> <u>Find ways to get more sleep.</u>		
Step 1: <u>Call my cousins to see if they can babysit</u>	<u>6/21/13</u>	
Step 2: <u>Open curtains during day &amp; turn off lights at night.</u>	<u>Today!</u>	
Step 3: <u>Make a list of chores w/ Martin. Decide what he can help with.</u>	<u>6/21/13</u>	
Step 4: <u>Try napping while Marty is sleeping - try both morning &amp; afternoon to see which works better.</u>	<u>6/28/13</u>	
Step 5:		

7. How will I know when I've succeeded? I'll feel more rested. 😊