

PASS COURT

MONTHLY PROGRESS REPORT

(Please Print)

Name (First & Last): _____

Date: _____

I. What good things have happened in your life this past month? How did those good things make you feel?

II. What obstacles/challenges have you faced this past month? How did you overcome those obstacles/challenges? How did those obstacles/challenges and/or overcoming them make you feel?

III. What assistance, if any, do you think you will need in order to overcome any obstacles/challenges related to your goals?

IV. What progress have you made on the goals you set in your "Goal Setting Worksheet"?

Remember to be SMART!

RELATIONSHIPS / SUPPORT SYSTEM

(Spouse, Family, Friends, Support Groups, Faith-based Organizations, Team Sports)

GOAL:			
Timeline	Action Steps Taken to Complete My Goal	Obstacles/Challenges	Plan to Overcome Obstacles/Challenges
6 Months	1. 2. 3.		
1 Year	1. 2. 3.		
2 Year	1. 2. 3.		
5 Year	1. 2. 3.		

FINANCIAL

(Vehicle Purchase, Savings/Emergency Fund, Home Ownership, Child Support, Back Taxes, Work Related Expenses, Improve Credit)

GOAL:			
Timeline	Action Steps Taken to Complete My Goal	Obstacles/Challenges	Plan to Overcome Obstacles/Challenges
6 Months	1. 2. 3.		
1 Year	1. 2. 3.		
2 Year	1. 2. 3.		
5 Year	1. 2. 3.		

CAREER
(Job, Licenses, Training, Education, Career Counseling)

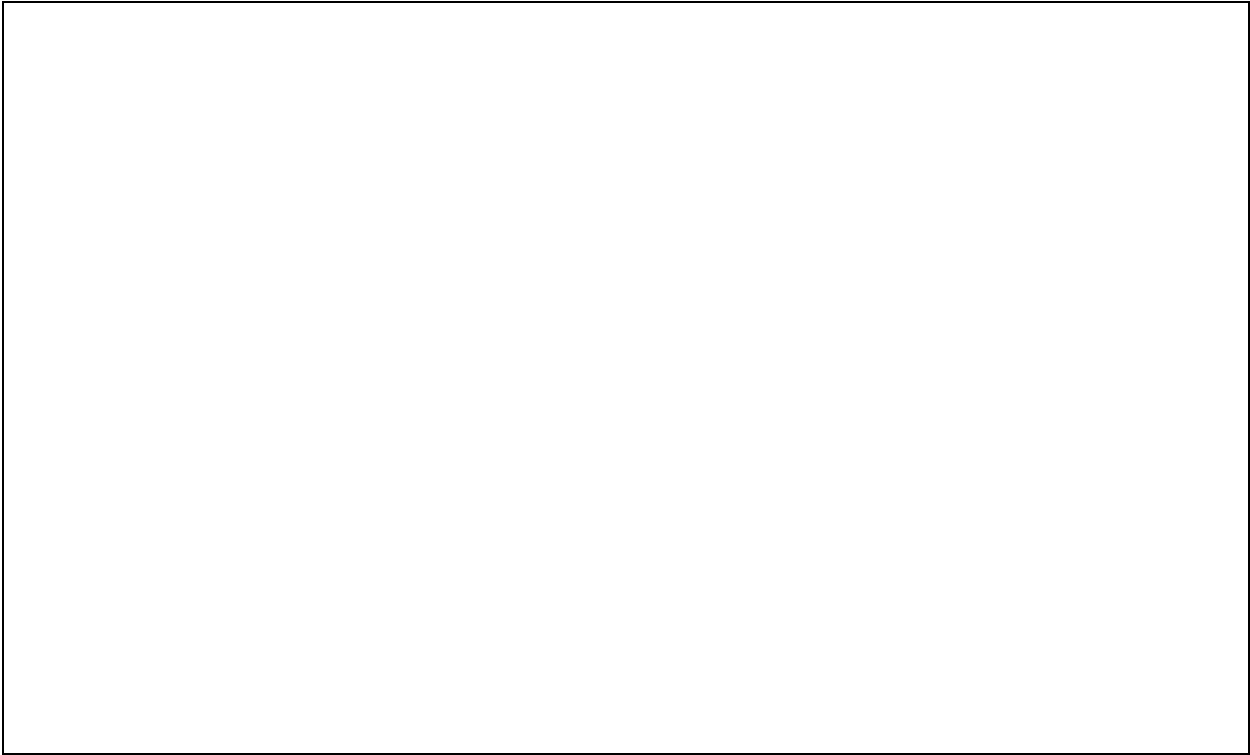
GOAL:			
Timeline	Action Steps Taken to Complete My Goal	Obstacles/Challenges	Plan to Overcome Obstacles/Challenges
6 Months	1. 2. 3.		
1 Year	1. 2. 3.		
2 Year	1. 2. 3.		
5 Year	1. 2. 3.		

SELF-CARE/SPIRITUALITY

(Health, Hobbies, Faith Activities, Mental Health, Therapy, Sports, Exercise, Recreation)

GOAL:			
Timeline	Action Steps Taken to Complete My Goal	Obstacles/Challenges	Plan to Overcome Obstacles/Challenges
6 Months	1. 2. 3.		
1 Year	1. 2. 3.		
2 Year	1. 2. 3.		
5 Year	1. 2. 3.		

V. What is your focus for the next month?

A large, empty rectangular box with a thin black border, intended for the user to write their focus for the next month.