**Self-Monitoring**

**Personal Goal Setting**

**Directions:** *Self-monitoring requires you to observe and record your own behavior. This means paying attention to what you are doing and then writing it down each day. Using the organizer below, pick a goal you would like to accomplish, write what actions you will observe that will help you reach this goal, and how often you will need to record this information (i.e., at the end of the day or right after the activity/event occurs).*

**Goal:**

**What behavior/behaviors are you recording that will help you reach your goal?**

**How often will you record this behavior? Why?**