

**Handout 3.5: Weekly Goal-Setting Inventory:
Hierarchy of Activities**

Rank goals for the week in order of difficulty, 1 being the most difficult and 10 being the least, and indicate with a check mark which days you worked on each goal. To gain a sense of mastery, start with the least difficult first.

Hierarchy of Goals and Activities

Hierarchy of Goals and Activities									
	Most Challenging Goal	S	M	T	W	T	F	S	Progress Notes
1									
2									
3									
4									
5									
6									
7									
8									
10									
	Least Challenging Goal								