



CHARTING YOUR COURSE



Name: _____ Date: _____

Summary of Strengths:

Summary of Challenges:

Check-up Skill Summary:

Smooth Sailing	Rough Waters	Stormy Seas

List up to 3 areas that will improve your readiness for independence.

Opportunities to use skills:

*** Remember: It takes 6 to 8 weeks of practice every day to develop or cease a habit.***