

# R.A.I.S.E

WEEKLY SUCCESS TRACKER

TODAY'S DATE:  
NEXT MEETING DATE/TIME/LOCATION:

THIS WEEK'S GOAL(S):

Use the back of your Tracker for any and all success areas.

## ACTIONS & ACCOUNTABILITY

- 1.
- 2.
- 3.
- 4.
- 5.

## SEE & FEEL RESULTS

Now that I have achieved my weekly goal(s) I am able to:

**I FEEL:**

## INTERFERENCE

What could get in my way?

What I will do to stay on track when this happens:

## ENVIRONMENT

What I will add or subtract to support my goal(s): (ex: time, help, location, tech, music)

**I COMMIT TO MY GOALS!**  
**SIGNED:**