



## **“Getting on Track” Follow-Up Exercise**

Begin your one-to-one meeting by checking in about how things are going. Revisit the goal you are working on. Have you made progress toward it? What can you do in the next two weeks to work on this goal? If you decide together to adjust the goal, make a note on the goal setting worksheet. You can also get a new copy of the goal-setting worksheet from the Program Lead if you need one.

Last week’s workshop covered an overview of budgeting. As a follow-up to the workshop:

- You and your coach should work on a budget together, based on the expenses that you tracked. If you haven’t already done so, use the worksheet on the back of this page to help you put expenses into various budget categories.
- Discuss additional ways to increase income and/or decrease expenses to make the budget work.
- Discuss how changes in expenses (such as holidays, birthdays, or emergencies) might require a change to the budget.

