

Goal Setting: Learning from the Past

1

What are you most proud of having achieved in the past year?

2

List the reasons your goal(s) was achieved or not. Please be specific:

3

What do you think you could have done better about your goal(s)?

4

What obstacles did you encounter with your goal(s)?

5

What can you do to overcome obstacles to reaching your goal(s)?

6

In summary, what did you learn from your goal(s)?