



Date.....

Name.....



Reflecting on Achieving My Goals

Consolidates his/her personal profile:
Considers the personal commitments required to reach his/her goals

I set the following goals for myself ▼

Short-Term Goals ▶

Long-Term Goals ▶

How did I do? Did I accomplish my short-term goals?
Am I on the right track to accomplishing my long-term goals? ▶

What is it about myself (my personal characteristics)
that helped me to achieve my goals? ▼

What discoveries have I made that will help me achieve my fullest potential? ▲

What is it about myself (my personal characteristics)
that made it difficult for me to achieve my goals? ▲

