

Goal Check-In & Reflection

Being as considerate and honest with yourself as possible, please spend some time with the questions below to explore how you've progressed on your goals.

One goal I identified at the beginning of the year was:

Place a mark along the line below that represents the progress you've made on that goal.

Very little progress — *Completed to my satisfaction*

What reactions or responses are you experiencing after making that mark?

What do the responses or reactions tell you about what you'd like to do next with that goal?
(Be as specific as possible and, please keep in mind, that could mean shifting to a new goal altogether.)

Who on your team would you like to recruit to help you with your goal or with whom would you like to celebrate the progress you've made?

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