

Name _____ Date _____

Personal Goals Reflection

Reflecting on My Obstacle

What was your previous obstacle?

Is this still an obstacle for you?

Reflecting on My Action Steps

Rate how well you did with each of your action steps:

Write each of your action steps in the spaces below:	I rarely or never did this.	I sometimes did this.	I consistently did this.

Reflecting on Strengths

What has gone well for you so far this year? What progress have you made? What strengths do you have?

Reflecting on My Personal Goal

What was your personal goal?

On a scale of 1-5, how close were you to meeting your goal?

1

2

3

4

5

I didn't meet my goal.

I met parts of my goal.

I met my goal!

What's your **evidence**?

Taking Action

What obstacles do you still have? What new goals might you set?

