Goal Check-In: Celebrate or Regroup

Look back at a goal you set. If you met it, use the left side. If you didn't meet it yet, use the right side.

Name _____ · Date _____

My goal was:

_____

_____

Did I meet it? ☐ **Yes** (go to the left side) ☐ **Not yet** (go to the right side)

Yes! Celebrate and reflect

Think about how it went.

What were the outcomes?

_____

_____

Am I happy with the outcomes of my goal?

_____

_____

Were there other choices I could have made?

_____

_____

Is there anything I can do differently?

_____

_____

How will I celebrate my success?

_____

_____

Not yet: regroup

Find out what got in the way.

Was the goal realistic? Explain why or why not. If not, what could you do differently?

_____

_____

Was the time frame you set for the goal realistic? Explain why or why not. If not, what could you do differently?

_____

_____

Were your actions aligned to your goals? Explain why or why not. (Did your actions match your goal?) If not, what could you do differently?

_____

_____

Did you lose your motivation to reach your goal? If so, what could you do differently?

_____

_____

What's next?

My revised goal, or my next goal: _____ New date: _____

_____

Tip: Plan your revised or next goal step by step with the Goal-Setting Action Plan worksheet. Missing a goal is normal. What matters is what you learn and try next.

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