

Directions: Please write a reflection on each of your goals.

Questions for reflection:

- If you have achieved your goal...
 1. What challenges did you experience? How did you overcome them?
 2. What made you successful in achieving your goal? What did you learn about yourself from this experience?
 3. What are your next steps now that you have achieved this goal?
- If you have not achieved your goal...
 1. What challenges or setbacks are you experiencing?
 2. What supports do you need to help you achieve your goal?
 3. What actions can you take to move towards achieving your goal?

Goal #1 (please write out):

Reflection:

Goal #2 (please write out):

Reflection:

Goal #3 (please write out):

Reflection: