

Goal Reflection & Review

How did you go? Let's reflect on your progress by discussing:

1. What happened?
2. How did it feel?
3. What went well and what was hard?
4. Why did it happen?
5. What did I learn?
6. What will I try next?

Final Review

Success Reflection

What went well?
What did you achieve successfully?

Adjustments Needed

What could have gone better?
What needs improvement?

Lessons Learned

Key takeaways and life lessons from this goal journey...

Next Step Goals

Based on this experience, what's your next goal or new focus?