Tried&True

Goal Setting Reflection

What percentage of last week's goal did you achieve?

▢ 0% ▢ 10% ▢ 20% ▢ 30% ▢ 40% ▢ 50% ▢ 60% ▢ 70% ▢ 80% ▢ 90% ▢ 100%

On a scale of 1 to 5 (5 being the greatest), how do you feel about yourself based on your goal achievement?

▢ 1 ▢ 2 ▢ 3 ▢ 4 ▢ 5

If you were not able to complete last week's goal, why not? Think about what may have stopped you. Were there any specific obstacles? Try to be as thoughtful and detailed as you can.

_____

_____

_____

_____

_____

_____

_____

_____

_____

If you did complete last week's goal, how can you make this coming week's goal more challenging?

_____

_____

_____

© 2021 Tried & True Tutoring LLC. All rights reserved. No portion of this document may be manipulated in any form.