

Goal Check: Time to reflect on what is working and what is not.

How are you doing on them?

If you were to rate yourself on a scale from 1-10, 10 being crushing it, how are you doing?

Rate on a scale from 1-10: _____

Could you give yourself an 8 or better? not, why not.

What has gotten in your way and how can you find a solution around your obstacle?

If you can rate an 8 or better, what are you doing that is working?

Can you create more of that everyday to help you reach your goals with success?

Other Thoughts: