

Goal Review Cheat Sheet

Mary
Marshall

Setting goals can help you create progress towards your goals, they can help you notice what you are doing. Goal review helps you *celebrate* that. It also helps you recognize when you need to create different or more support or structure around a certain goal, or to evaluate its importance to you.

Remember, schedule goal review. Allow 5-15 minutes. I suggest doing this every 1-2 weeks.

Ask yourself-what *percentage* of the time did I complete the goal? _____

The “bare bones minimum”? _____

The stretch goal? _____

What helped you succeed? _____

What obstacles did you run into? _____

Are you ready to progress this goal? (increase challenge, time, frequency, duration for example)

How so? _____

Do you need to “back it down” (make it a little easier to be successful)

How so? _____

Do you need/want to change it some other way?

What are some ideas for your next goal?
