Goal Setting Project Reflection

Using full sentences, answer the following questions.

1. What was your goal? If you changed your goal halfway through, make sure that this is the goal that you write here.

2. Did you reach your goal or not?

3. How much progress did you make towards achieving your goal? (None, Limited, Noticeable or Significant)

4. How do you know this (referring to question above). In what ways were you successful (or unsuccessful) in achieving this goal? Explain your successes and failures.

5. How did you stay motivated to work on your goal? Did you keep from giving up?

6. Did you reward yourself during the process? How?
7. In what ways are you a healthier person having gone through this process?

8. What have you learned about yourself in this process?

9. Did this goal-setting process improve/affect any other behaviors in your life? If so, what?

10. Did this goal-setting process influence anyone else in your life to become healthier? If so, who?

11. What did you learn about goal-setting? Can you see other areas in life where you might use goal setting? Have you set any other goals since starting this process?

12. Is there anything else you would like to share with me? Feedback on the Goals Project is valuable to me. Anything I should do differently or keep the same?