

Name \_\_\_\_\_ **Self-Reflection**



# Self-Reflection

1. What is your goal?

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2. What impact will achieving this goal have in your life?

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3. How do you feel when you think about this goal? Why?

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4. Do you know everything you need to know about this goal?

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5. What steps do you need to take in order to achieve this goal?

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6. Who will you engage with in order to achieve this goal? When?

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