



Reviewing and evaluating your goal

Did I do what I planned?

No

Yes

What stopped me from doing my planned task?

What went well?

Is there something I could improve next time?

What have I learned?

What was I thinking at the time?

How did I feel?

[Dotted box for notes]

[Dotted box for notes]

[Dotted box for notes]

[Dotted box for notes]

[Dotted box for notes]

[Dotted box for notes]

