

Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

## Target Your Short-Term Goals

1. Did you reach your goal?
2. Who benefited/gained from this goal?
3. Was this an easy or hard goal? Why?
4. What did you gain, learn and or improve by meeting this goal?
5. What difference did it make in your life or the lives of others?
6. How do you feel about accomplishing this goal?