

THE GOAL STANDARD

Final Reflection Worksheet

WEEK FIVE



You made it! Congratulations.

Whether you've achieved your goal, or are still on your journey, let's review what you've learned over these 5 weeks.

I recommend looking back over your old worksheets as you complete this final review, so you can have the most accurate data to refer back to when you set your next big goal.

FINAL REFLECTION QUESTIONS:

What have you achieved in the past 5 weeks?

What's the next for you? *(This can be the next step of your goal achievement process, or the next big goal on your list)*

List 3 or more habits you'll make a conscious effort to develop, or change as you continue on your journey:

- 1)
- 2)
- 3)

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List your 4 biggest “high points” and “low points” from each week on the grid below:

	HIGH POINTS	LOW POINTS
WEEK ONE		
WEEK TWO		
WEEK THREE		
WEEK FOUR		

At what stage of your process did you feel you were **most** productive?

At what stage of your process did you feel you were **less** productive?

What were some of your biggest successes? Call them out!

What’s the biggest lesson you feel you’ve learned?