

THE GOAL STANDARD

Weekly Reflection Worksheet

WEEK ONE



Reflecting on where you've been so far in your 28-day journey is just as important as hitting your milestones, and completing your key tasks.

Taking time to review the past week also keeps you accountable for your challenges, habits, and obstacles, as well as your successes. So let's dive in, and streamline your path to your next goal!

REFLECTION QUESTIONS:

How do you feel about the progress you made on your goal this week?

Are you on track for conquering your end goal? Why or why not?

What challenges did you run into this week?

Did you have any big insights or serendipitous moments?

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Have you noticed any habits you weren't aware of before? Do you plan to change them, or develop them?

Are there any goals that need to be pushed back or adjusted?

What are your tasks for next week? Is there anything you plan to do differently to make sure they'll all get done?

How will you reward yourself for all you've achieved at the end of the 28 days?