

Goals Assessment

<u>Self Check-In</u>

How confident am I that I can meet my current goal?





3 I am pretty sure I can achieve this goal

2 I am unsure if I can achieve this goal

Achieving this goal will be extremely difficult for me





If you are at 1-4, why aren't you at 0?

If you are at 0-3, what factor(s) are preventing you from being at 4?

Where am I on my journey to achieve my current goal?

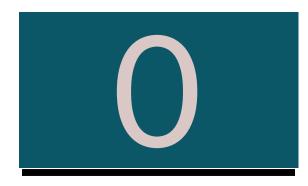


I am maintaining my goal

I have reached my goal

I am consistently working towards reaching my goal

I have started to work towards reaching my goal



I am not ready to work towards this goal