

Self Check-In

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

4

I will definitely achieve this goal



3

I am pretty sure I can achieve this goal

2

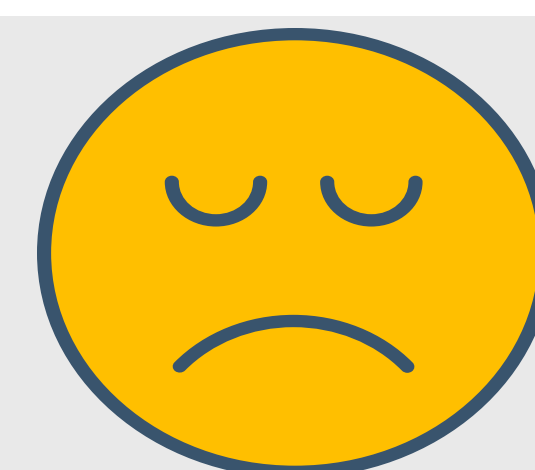
I am unsure if I can achieve this goal

1

Achieving this goal will be extremely difficult for me

0

I definitely cannot achieve this goal



.....

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?

