

A LOOK BACK

Take a look back at the first 3 months of this year and answer the following questions. They will help you keep moving forward on your goals and will also help you at the end of the year when you complete your yearly review.

What went well the first 3 months of this year?

What was challenging?

Were there any big events?

What were some of your favorite moments?

What are you most grateful for?

What are you most proud of?

What did you learn that you want to remember?

How are you different?

What are you personally struggling with right now?

Design Your Destiny

Top Ten Goals Check-in - Quarter One

List your top ten goals from Chapter 3 of Design Your Destiny. Rate your progress so far this year on a scale of 1-10.

Rate Progress 1-10

1

2

3

4

5

6

7

8

9

10

A simple way to look at each of your goals is to name something you'd like to start, stop and continue for each one. Fill in the table below.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

START	STOP	CONTINUE

Identify Action Steps

Using the list of your Top Ten goals, create a list of 3 specific action steps for each goal. These should be the next 3 SMALL steps you'll need to take toward this goal. You'll know they are small enough when you don't feel any dread about completing that task.

If it's a maintenance goal, the steps might include scheduling a time for it on your calendar, gathering any supplies or equipment you might need, setting an alarm on your phone to remind you, etc.

Goal #1

Action Steps:

- 1)
- 2)
- 3)

Goal #2

Action Steps:

- 1)
- 2)
- 3)

Goal #3

Action Steps:

- 1)
- 2)
- 3)

Goal #4

Action Steps:

- 1)
- 2)
- 3)

Goal #5

Action Steps:

1)

2)

3)

Goal #6

Action Steps:

1)

2)

3)

Goal #7

Action Steps:

1)

2)

3)

Goal #8

Action Steps:

1)

2)

3)

Goal #9

Action Steps:

1)

2)

3)

Goal #10

Action Steps:

1)

2)

3)