



## GOALS SELF-ASSESSMENT One-Sheet

Complete all questions for each goal you plan to assess.

The object of this one-sheet is to provide you with information about motivations, tendencies, habits and beliefs that will help you during the goal-setting process.

Use a separate notebook to jot down your answers.

### ▶ **Did you successfully complete the goal in question?**

### ▶ **For goals that were successfully completed:**

- Was this goal more/less or as challenging as you expected? Explain...
- How do you feel about this goal now that you've completed it? Are you more/less or as excited as you expected? Explain...
- What has this goal taught you about your strengths and weaknesses?

### ▶ **For goals you did not complete:**

- What obstacles do you believe stood in the way of you completing this goal?
- What resources do you believe were not available to you as you attempted to complete this goal?
- What personal limitations do you believe contributed to not meeting this goal?
- What are your current feelings about this goal? Are they generally positive, negative or neutral? Explain...
- Do you feel you're ready to recommit to pursuing this goal at this time? Explain...
- If you were to pursue this goal now, how confident are you, currently, that you'd be able to successfully complete the goal this time. Explain...

### ▶ **Include any additional notes of importance...**