

Goal Setting Project Reflection

Using **full** sentences, answer the following questions.

1. What was your goal? If you changed your goal halfway through, make sure that this is the goal that you write here.
2. Did you reach your goal or not?
3. How much progress did you make towards achieving your goal? (None, Limited, Noticeable or Significant)
4. How do you know this (referring to question above). In what ways were you successful (or unsuccessful) in achieving this goal? Explain your successes and failures.
5. How did you stay motivated to work on your goal? Did you keep from giving up?
6. Did you reward yourself during the process? How?

