

Week 6: Revisiting Your Goals



Look back to your Goal Setting Worksheet that you did for Week 1.

Think about the following and write down your answers.

1. Have you achieved any of your short-term goals? If not, how much closer have you gotten to reaching them?

2. What steps are still needed to reach your short-term goals?

3. Look at your long-term goals. What have you done so far to reach these goals?

4. What steps are needed to reach your long-term goals?

5. Look at your goals and the order you listed them. Does this order still make the most sense to you? What changes do you need to make?

6. Look at what you wrote for why these goals were important to you. Do you feel the same way? Do you have other reasons now for wanting to achieve these goals?

7. Out of the possible barriers you listed during Week 1, which ones actually happened?

8. Were you able to overcome them in the way you thought you would? If not, what could you do differently?

9. What new barriers have come up during the last 6 weeks? How will you go about overcoming these barriers?

10. Look over all of your answers and think about your main reasons for doing this Challenge. Are they the same as when you began this Challenge or have they changed?
