

# GOAL & PROGRESS

## Reflections

Gain clarity, celebrate  
your progress, and boost  
your motivation



# THE POWER OF REFLECTION

*Why it matters*

Want to supercharge your ability to reach your goals? Then you'll want a healthy dose of self-reflection. Take it from American philosopher John Dewey:

*"We don't learn from experience... we learn from reflecting on experience."*

When you only focus on your end goal, you lose sight of the small steps you took so far and all the lessons you've learned along the way. This can make your goals feel out of reach, when really, you may have made *way* more progress than you think!

**Reflection helps you recognize your progress.** This can reignite your motivation when you can feel it fizzling out, and get you back on track.

## Benefits of Reflection

Reflecting on your goals and progress can help you:

- **Gain clarity** on strengths and any areas to improve
- **Celebrate wins** and see how far you've come
- **Identify obstacles** and brainstorm strategies to overcome them
- **Optimize your time and energy** by identifying what works and what doesn't
- **Boost your motivation** so you keep moving forward toward your goal

This workbook walks you through some prompts to help you reflect on your goals and progress. Feel free to write your responses in this workbook, or in your journal if you prefer.

Repeat this reflection process every few months until you reach your goal! 🌟

# GOAL + PROGRESS REFLECTIONS

*Looking back*

1. What is a current goal you are working toward?

---

---

---

---

---

---

---

*Example: I will manage stress better. I will lose 20 pounds. I will improve my sleep.*

2. How have you been working to achieve this goal?

---

---

---

---

---

---

---

---

---

---

*Example: I have been practicing breathwork, mindfulness, and starting my day with 5 minutes of meditation.*



# GOAL + PROGRESS REFLECTIONS

*Get clear*

4. What can you do in the coming weeks or months to complete this goal? If you've already reached your goal, amazing! Move on to #5.

---

---

---

---

---

---

---

*Example: I will simplify my schedule and say no to things that drain my energy.*

5. Take a moment to reflect on your journey so far. What have you learned about yourself in the process?

---

---

---

---

---

---

---

---

---

---

# GOAL + PROGRESS REFLECTIONS

*What's working?*

6. What are some tangible things that have helped you make progress? And how did they help you? (Be specific)

---

---

---

---

---

---

---

---

---

---

7. Do you feel you're on track with your goal? Or do you need to adjust it somehow? (tweak the timeframe, milestone, etc.)

---

---

---

---

---

---

---

---

---

---

# GOAL + PROGRESS REFLECTIONS

*Identify obstacles*

8. What have been some of your biggest struggles working toward this goal so far?

---

---

---

---

---

---

---

---

---

---

9. What are some strategies you could put in place to help overcome these obstacles?

---

---

---

---

---

---

---

---

---

---

# GOAL + PROGRESS REFLECTIONS

*Looking ahead*

10. What do you feel you need to continue your path toward this goal?

---

---

---

---

---

---

---

---

*Example: I feel an accountability buddy would help.*

11. Once you reach your goal, how will you celebrate your success? Plan your reward in the space below... and keep it top of mind!

---

---

---

---

---

---

---

---

*Example: Buy a new outfit, plan a fun trip, treat yourself to a massage, buy new workout gear, etc.*