

personal goals

my strengths



my challenges



possible goals



S

specific

M

measurable

A

attainable

R

relevant

T

time-bound

My Goal:

S
specific

What do I specifically want to achieve?

M
measurable

How will I measure my success?

A
attainable

What do I have to do to attain my goal?

R
relevant

How is my goal helpful for me right now?

T
time-bound

Will I be able to reach my goal in time? How do I know?

My Goal:

Personal Goal Reflection

Date:

What did I do?

Was it helpful? Why?

Next time I will:

Date:

What did I do?

Was it helpful? Why?

Next time I will:

Date:

What did I do?

Was it helpful? Why?

Next time I will:

Date:

What did I do?

Was it helpful? Why?

Next time I will:

Date:

What did I do?

Was it helpful? Why?

Next time I will:

Date:

What did I do?

Was it helpful? Why?

Next time I will:

Personal Goal Reflection

Date:

What did I do?

Was it helpful? Why?

Next time I will:

Date:

What did I do?

Was it helpful? Why?

Next time I will:

Date:

Have I achieved my goal?



What did I do to achieve my goal? Was it helpful?

How did I measure whether I achieved my goal?

Which ATL did I demonstrate to reach my goal?

What should I do differently next time?

Personal Goal Reflection

Date:

What did I do?

Was it helpful? Why?

Next time I will:

Date:

What did I do?

Was it helpful? Why?

Next time I will:

Date:

Have I achieved my goal?



What did I do to achieve my goal? Was it helpful?

How did I measure whether I achieved my goal?

What should I do differently next time?