

Goals Check-In



"Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong." - Ella Fitzgerald

When it comes to setting goals and accomplishing them, checking in with your progress can be the most important part of the process. As we learn and grow, sometimes our goals are no longer a priority. Sometimes there's also a need to adjust the timeline of our goals as we go. So, let's check-in.

Directions: You'll need your first goal-setting worksheet for this activity. To start, transfer the goals you've already accomplished. Next, transfer the goals that you still see as a priority.

ACCOMPLISHMENTS

3 MONTHS

Ex: Identify and submit at least 2 summer internship applications by April 2022.

1 YEAR

3 YEARS

LIFETIME

Tip: make your goal SMART: specific, measurable, achievable, realistic, and time-bound

Reflection Time



With your original goals worksheet laid out next to the update you just completed, let's reflect...

Reflect.

Looking back at your goals from session 2, what is your biggest takeaway from these last few months? What was most memorable? Describe this experience.

Highlight Accomplishments.

What were you able to accomplish since you first put together your goals? Are there goals you haven't quite accomplished, but steps were taken to get you closer?

Make Changes.

Looking back on how you spent your time, are you happy with what you've done so far? If not, what steps can you take to adjust your actions to better fit your goals?

Find Gratitude.

What or who are you especially grateful for since you first set your goals? How can you prioritize including gratitude in your future accomplishments?

Looking to build your gratitude practice?

[Check out these tools](#) from The Greater Good Science Center at the University of California, Berkeley.

