

Goal Setting and Action Workbook

Reflection Template: Understanding Your Goal-Setting Process

Name: _____

Date: _____

1. Your Current Goal(s):

- What goal(s) have you set for yourself? (If none, what goal have you thought about but not started?)

2. Emotional Connection:

- Why is this goal important to you?

3. How Are You Working Towards It?

- What actions are you currently taking to achieve this goal?
- On a scale of 1–10, how satisfied are you with your current approach to this goal?

4. Challenges & Roadblocks:

- What obstacles are you facing?
- Are there any habits or distractions that slow you down?