**GOAL SUMMARY SHEET**

ANSWER IN COMPLETE SENTENCES!!

1. What was the goal you were working on?
2. Did you meet your goal, kind of meet your goal, or not meet your goal? Why do you think you met it, kinda met it, or didn’t meet it?
3. Did you have any roadblocks or things that slowed you down on your journey towards your goal? What were they?
4. Did you tell anyone you were working toward your goal? Who did you tell?
5. What were some milestones or some times when you felt really good about being able to meet your goal?
6. Was it easy or hard to work on your goal and try to meet your goal? Explain why you thought it was easy or why you thought it was hard.
7. Have you ever worked toward a goal like I had you do this quarter? If yes, tell me what you worked toward.
8. After spending 5 weeks working toward a goal, do you feel like you are a stronger person? Explain why you do feel stronger or if you don’t feel stronger.
9. Would you recommend this plan to anyone for working toward a goal? For example, would you explain it to your parents, aunts/uncles, friends, etc as a good way to work on a goal? Why or why not?
10. Are you ready to try another goal 2nd quarter? ☺ Why or why not?