



Goal Check-In

A. List your top 3 goals right now (short-term or long-term):

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B. What's been going well in pursuit of these goals?

C. What's getting in the way of your progress?

D. Rate your current motivation level for each goal (1 = low, 10 = high):

- /10
- /10
- /10

E. Do you need to adjust any of your goals? If yes, how?

F. What is 1 small but powerful action you'll take this week to move forward?

G. What support or strategies might help you stay on track?