



GOALS CHECK-IN #1

1. Since the Goals Retreat, have you made measurable progress in reasonable steps? How specifically?

2. How has what's going on in the world altered your plans?





3. What are your “wins” so far this year?

4. Where and how can you “step it up”?

5. How can you capitalize on your momentum?





6. What are your setbacks so far this year?

7. What can you do to get back on track?

YOUR TOP THREE GOALS

Have You Made Meaningful Progress?

YES / NO

YES / NO

YES / NO





8. What has gotten in the way of making progress on your goals?

9. Where specifically do you need to refocus?

10. What habits – good or bad – have you noticed since January?





11. What “good” have you said NO to, in order to say YES to the “great”?

12. Where are you stuck?

13. List your top roadblocks:

14. What three things can you implement right away to help you gain traction and momentum on achieving your goals?

1.

2.

3.





MY MOST IMPORTANT GOALS:

Order

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____
13.	_____	_____
14.	_____	_____
15.	_____	_____
16.	_____	_____





GOAL: _____

ACTION STEPS:

ORDER:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

YOUR ACTION PLAN:





GOAL: _____

ACTION STEPS:

ORDER:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

YOUR ACTION PLAN:





RENEW YOUR FUTURE™





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