

GOAL & PROGRESS

Reflections

GAIN CLARITY,
CELEBRATE YOUR
PROGRESS, AND BOOST
YOUR MOTIVATION

THE POWER OF REFLECTION

Why it matters

Want to supercharge your ability to reach your goals? Then you'll want a healthy dose of self-reflection. Take it from American philosopher John Dewey:

"WE DON'T LEARN FROM EXPERIENCE... WE LEARN FROM REFLECTING ON EXPERIENCE."

When you only focus on your end goal, you lose sight of the small steps you took so far and all the lessons you've learned along the way. This can make your goals feel out of reach, when really, you may have made way more progress than you think!

Reflection helps you recognise your progress. This can reignite your motivation when you can feel it fizzling out, and get you back on track.

BENEFITS OF REFLECTION

Reflecting on your goals and progress can help you:

- **Gain clarity** on strengths and any areas to improve
- **Celebrate wins** and see how far you've come
- **Identify obstacles** and brainstorm strategies to overcome them
- **Optimise your time and energy** by identifying what works and what doesn't
- **Boost your motivation** so you keep moving forward toward your goal

This workbook walks you through some prompts to help you reflect on your goals and progress. Feel free to write your responses in this workbook, or in your journal if you prefer.

Repeat this reflection process every few months until you reach your goal!



GOAL + PROGRESS REFLECTIONS

Looking back

1. What is a current goal you are working toward?

Example: I will manage stress better. I will lose 10 Kgs. I will improve my sleep.

2. How have you been working to achieve this goal?

EX. I have been practicing breathwork, mindfulness, and starting my day with 5 minutes of meditation.

Celebrate wins

Celebrating your progress so far
activates your brain's reward system,
This gives you a hit of dopamine,
boosting your mood *and* motivation.

A young woman with dark, curly hair is shown from the waist up, smiling widely with her eyes closed. She has her hands behind her head, and her hair is pulled up into a high, voluminous bun. She is wearing a white, sleeveless tank top. The background is a solid, bright orange color.

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GOAL + PROGRESS REFLECTIONS

Get clear

4. What can you do in the coming weeks or months to complete this goal? If you've already reached your goal, amazing! Move on to #5.

Example: I will simplify my schedule and say no to things that drain my energy.

5. Take a moment to reflect on your journey so far. What have you learned about yourself in the process?

GOAL + PROGRESS REFLECTIONS

What's working?

6. What are some tangible things that have helped you make progress? And how did they help you? (Be specific)

7. Do you feel you're on track with your goal? Or do you need to adjust it somehow? (tweak the timeframe, milestone, etc.)

GOAL + PROGRESS REFLECTIONS

Identify obstacles

8. What have been some of your biggest struggles working toward this goal so far?

9. What are some strategies you could put in place to help overcome these obstacles?

GOAL + PROGRESS REFLECTIONS

Looking ahead

10. What do you feel you need to continue your path toward this goal?

Example: I feel an accountability buddy would help.

11. Once you reach your goal, how will you celebrate your success? Plan your reward in the space below... and keep it top of mind!

Example: Buy a new outfit, plan a fun trip, treat yourself to a massage, buy new workout gear, etc.

Enjoy your journey to a more well, peaceful, fulfilled and empowered life!

The content in this document is for educational purposes only and should not be taken as professional health advice. Before making any changes to your diet and lifestyle, including medications, supplements and/or embarking on a new exercise regime, it is essential that you first consult with your personal qualified health professional.

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