

Team RTPT Review process

What is it that i am trying to achieve?

What am i ***struggling with*** in relation to this goal?

What did i achieve last week to make active steps towards this goal?

What ***could i have done better*** last week to improve on my success of the last week?

What is my goal for the next week to make a further ***small 1%*** progress towards this goal?

What do i need to actively do to make a step towards this 1% goal?

When am i going to take these active actions?

How am i going to complete these active actions

Now time to set my **S.M.A.R.T** goal -

Specific

Measurable

Attainable

Relevant

Time constraint

Your goal ***must*** tick all of these categories