

The Soccer of Success

Reflecting on the Previous Quarter

What were my accomplishments the past three months? Read Journal from previous Quarter.

List anything you consider a success, big or small.

What helped me achieve these successes?

Think habits, processes, rules and even environments and people.

What were your best memories of the quarter?

What did I start but not finish?

What did I not start that I has planned to?

Did anything else not go well?

Overall how do I feel about the past three months?

Planning for the Next Quarter

How do I want to feel during my next quarterly review?

In the next three months I want to:

Start:

Stop:

Continue:

What is one thing I can accomplish that would impact my life in a meaningful way?

What are some solid steps I can take to achieve this in the next three months?

What other goals will I accomplish in the next three months?

How am I feeling about the next quarter?

My BIG THREE for the next quarter: