

Goals Reset Reflection



**This reflection is a chance to pause,
realign, and reset with what truly
matters.**

**Munnelly Coaching | Leadership tools for calm, clarity
& confidence**

1. What feels aligned right now?

Which goals still energise me and feel connected to where I want to go?



2. What am I holding onto that no longer serves me?

Are there goals, plans, or expectations that feel heavy, outdated, or forced?



4. What needs a fresh start or a different approach?

Is there something I've been pushing through that needs space to reset, reframe, or delegate?



3. Where am I making real progress?

What have I achieved, big or small, that deserves acknowledgment?



5. What's one priority worth my energy in the next month?

Where do I want to focus, fully present, and move forward with intention?



**Remember: it's okay to reset.
Real progress often starts with reflection**