



RelateAbility, PLLC

Strengthening Relationships One Experience At A Time.
Your Team. Our Purpose.

Goal Check-In & Reflection

Here's a tool offered as a check-in and reflection about goals set earlier this year. Being as considerate and honest with yourself as possible, please spend some time with the questions below to explore how that has been going.

Feel free to share this check-in with teammates you care about to see how they have been doing with their goals, too.

(Maybe even take time to discuss your responses together over a picnic, or use it as a tool during your next team meeting to talk about how you all are doing as a unit.)

The goal I identified at the beginning of the year was:

Place a mark on the line below that represents how you perceive the progress you've made on that goal:

Very little Progress

Completed to my satisfaction

What reactions or responses are you experiencing after making that mark?

What do the responses or reactions tell you about what you'd like to do next with regard to that goal you made for yourself?

(Be as specific as possible and, please keep in mind, that could mean shifting to a new goal altogether.)

Who on your team would you like to recruit to help you with your goal or with whom and how would you like to celebrate the progress you've made?