Goal Setting:
Learning from the Past

Name_____

Before setting new goals, it's important to look back to previous goals you have set and learn from them. Analyze why you reached those goals or why you didn't reach those goals.

Previous goal(s) I have set:_____

_____

_____

Were goals achieved? _____

List the reasons the goals were achieved or not, be specific_____

_____

_____

_____

_____

What barriers did you encounter with previous goals?_____

_____

_____

What can you do to confront barriers and obstacles to reaching your goal(s)?

_____

_____

_____

In summary, what did you learn from your previous goal(s)?_____

_____

Ms. Sheeda Banu