Date: ____________

What were my goals today? Achieved? yes/no
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

What could I have done differently to change the outcome(s)?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Did I overachieve any? Yes _________ No _________

❖ If you overachieve continually, be sure to change your goals.

Date: ____________

What were my goals today? Achieved? yes/no
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

What could I have done differently to change the outcome(s)?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Did I overachieve any? Yes _________ No _________

❖ If you overachieve continually, be sure to change your goals.
Date: ____________
What were my goals today? Achieved? yes/no
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

What could I have done differently to change the outcome(s)?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Did I overachieve any? Yes _________  No _________
❖ If you overachieve continually, be sure to change your goals.

Date: ____________
What were my goals today? Achieved? yes/no
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

What could I have done differently to change the outcome(s)?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Did I overachieve any? Yes _________  No _________
❖ If you overachieve continually, be sure to change your goals.