

## Reflection on Goal Progress (Week 7)

The goals that I initially set were to regularly attend classes for one of my courses or to at least get out of the house and go to school to study and to work on my flexibility. I've set my goals a bit later than when I was supposed to initially establish them, therefore I didn't have much time to realistically work on them. There were some unplanned events that interfered with both my academic and personal goal. Since I couldn't start working on my goals as per my action plan, it gave me a bad head start to my journey which affected my motivation to really accomplish my goals. After discussing more about our action plans in class with the other students, I realized that I haven't really put much thought when I initially did my plan. It took me a while to realize that mine wasn't realistic and that it was way too broad and not specific enough for me to keep my motivation going. At that point, I started thinking about some ideal goal changes I could take on and came to the realization that for my academic goal, it would be more realistic and achievable to have myself work on reviewing class material every day since I tend to neglect doing so instead of using my time efficiently. As for my personal goal, keeping clutter to the minimal is something I want to actively work on since I realized that I cannot function when there is a lot of clutter around me.