**Connect**

When learning a new skill, it’s important to get input from others on the journey. Now is a good time to check in with your chosen goal setting expert (or your manager) to ask for feedback on your current goal-setting skills.

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| **Listening to Feedback.**  Let your leader, learning partner(s) or mentor know ahead of time what kind of feedback you want. Ask for **specific feedback**about when he/she has seen you performing the behavior you want feedback on.  Remember... **feedback is data**. As you get feedback, **listen objectively** to learn valuable insights into your strengths and opportunities to improve. It's about learning, not about judgment  The purpose of this feedback is to be **aware of your starting point**, so that you can take full advantage of this course to improve your own skills, and to lead your team well. Ask **good follow up questions** so that you can make meaningful adjustments. |

***Click or tap each checkbox as you contact each person to schedule the meetings.***

* Prepare to talk with your chosen goal-setting mentor by reviewing the following items and writing down the questions you want to ask.
* Describe how you set goals and ask them for feedback on your process. How well do they think you set goals?
* Ask how they set goals and what goal setting tips they could suggest. Ask how setting goals helps them succeed. Take notes on anything you think will help you.

| Journal ***Set Goals Week 1 Day 4 Connect*** DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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