**Reflect**

Now that you've practiced writing some goals, jot down your comments on the following questions.

You can use the *Set SMART Goals* worksheet for reference.

***Click or tap each checkbox online as you complete the task.***

* How does writing a SMART goal help you get clearer about what you want? What might get in your way as you write SMART goals? What might help you?
* What's in it for you to use a disciplined approach like the SMART model?
* What are your questions about the SMART model? Make a note of them in your journal pages.

| Journal ***Set Goals Week 1 Day 3 Reflect2*** DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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