

**Reflect**

After you've gotten feedback, debrief the conversation and write down your comments to the questions below.

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

* What comments did your mentor (or manager) make about your current skill in setting goals? What 1 or 2 strengths did they mention? What 1 or 2 weaknesses did they mention?
* What one thing will you do this week to improve your goal-setting skill?
* How will you know if you have improved?

| Journal ***Set Goals Week 1 Day 2 Reflect*** DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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