**Reflect**

Go to your journal pages and take some notes on your past experiences with goals.

Review and write your answers to each question below.

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

* Where has intentionally setting goals been helpful to you? Where might you have had better success with clearer or more aligned goals?
* Why is Goal Setting a fundamental skill for managers? What excites you about learning more about it?
* What, if anything, makes you question the  importance of Goal Setting as a foundational skill for managers?

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