**Reflect**

Take a look at the goals you have written so far and jot some notes in your journal as you consider the following questions.

Just notice what you are thinking when you look at the questions below. No judgment. This is an opportunity to get clear about what you want and where you really want to be.

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

* Do you still want what you thought you wanted when you first set this goal? Do you still want to achieve it?  Has anything changed  in how you see your goals? If so, what?
* Where are you relative to where you want to be? What is currently in place today that "serves you"? What will naturally help you achieve your goal?
* What is currently in place today that "doesn't serve you"? What gets in the way and needs to be dealt with or needs to simply go away? Do you want to modify this goal in any way?
* What have you learned? How can you use what you've learned to set and communicate better, more authentic goals in the future?

| Journal ***Set Goals Week 2 Day 3 Reflect*** DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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