1. What are your resolutions for 2023? If you don’t set New Year’s resolutions, what goals or self-improvements are you currently working on, if any?
2. What habits have been working really well for you in 2022 that you’d like to continue?
3. Do you find it easy or difficult to set goals and achieve them? If you find it difficult, what gets in the way of trying to accomplish a task or develop a new habit?
4. What strategies have you used in the past that have helped you to overcome obstacles related to goal-setting?
5. Think back to your SMART goals you made with your advisor/parents back in your fall SLC. What were they? If you can’t remember them, open up your website [HERE](https://docs.google.com/document/d/1G0OqwxUmo1VmiG8rueqIZ7zNsiccfW5tKiDqQvzJD9I/edit) to look it up. Do you think you’ve been successful? What steps have you taken to achieve them?