**Reflection Sheet: PE Session 4**

**Please note that this activity should be submitted before next session, ideally to be filled on Monday, after whole week of working towards your specific goal.**

**Reflection Questions**

1. **Did you achieve your one-week goal?**
   * Yes / No: Yes
   * **Please explain:** I managed to keep my break less than 1 hour 30 minutes and followed the time division properly.
2. **What positive outcomes did you experience from working towards your goal?**
   * I got home earlier and felt like my day was more productive. I didn’t feel to exhausted either.
3. **What obstacles did you encounter?**
   * I still didn’t get my own ride but it didn’t take too long to find rides while going back and my friend was up timely as well so we left on time for office.
4. **How effective were your strategies to overcome these obstacles, did your if-then planning work?**
   * The strategies helped a lot as most of the time I passed on playing table tennis to go to the gym earlier.
   * Last Friday my university friends had to come over so I had to skip on the gym. But I made sure I did a good bodyweight workout when I got home.
5. **What did you learn about yourself through this process, did u become more confident in yourself, or felt like, yes things are doable?**
   * I feel like if you actually think about your goal and think about the obstacles you might face and have backups ready, it’s pretty easy to get things done. Yes, it does require effort, but nothing good comes easy.
6. **What would you do differently next time to improve your chances of success?**
   * Firstly, I’ll make sure I use this sheet to help me plan out whatever goal that I have because it really helped me a lot this time. Other than that, I would also want to focus less on the things that are out of my control (like waiting for a ride back home) and try to work on things that I can fix myself.
7. **Self-Grading:**
   * On a scale of 1 to 10, how would you grade the effort you put in this week to achieve your goal?
   * **Grade:** \_\_10\_\_ / 10
   * **Please explain your grading:** I feel like I did everything that I had in my control to reach my weekly goal. The only obstacle I couldn’t avoid were the ones that were out of my control. I missed out on table tennis to have more time for other more important stuff, I workout out at home when I had to miss the gym due to unexpected commitment.

**Additional Comments or Feedback:**

* As I mentioned before, this sheet helped me a lot in completely my weekly goal and it is something that I would want to fill out every time I plan on achieving another goal

Thank you for taking the time to reflect on your goal.