

Monthly Goal Reflection Sheet

Name: _____

Goal Month: _____

Directions: Check your current status in meeting your monthly goal. Answer the reflection questions that follow in the same row. Then take the action steps in the same row.

STATUS (check one)	REFLECTION (answer questions)	ACTION (do these next steps)
<input type="checkbox"/> MET GOAL	1. What were your success steps? 2. How can you aim even higher?	→ Write a new goal → Keep doing your success steps
<input type="checkbox"/> MADE ADEQUATE PROGRESS	1. What success steps have you taken? 2. What improvements do you still need to make?	→ Stick to the same goal and extend your deadline → Keep doing your success steps → Work on improvements
<input type="checkbox"/> MADE LITTLE/NO PROGRESS	Determine the problem(s):	
	<input type="checkbox"/> 1. My goal seems too difficult to achieve all at once. (Explain)	→ Break goal into a smaller goal or narrow your focus to 1 or 2 classes
	<input type="checkbox"/> 2. I did not do immediate steps as planned. (Explain)	→ Review your immediate steps → Write them down where you are reminded every day → Try again
	<input type="checkbox"/> 3. I did my immediate steps, but my actions did not result in success. (Explain)	→ Revise immediate steps (be sure to focus on the reason your grade is low)
	<input type="checkbox"/> 4. OTHER:	PLAN OF ACTION: →

I am committed to performing the tasks outlined on this form.

Student's Signature: _____

Date: _____