GOALS ACHIEVED

SELF-MASTERY SERIES

T | H | R | I | V | E
FRAMEWORK

The goal of this worksheet is to reflect on the goals you have made. By doing this, you can see how effective your goal-setting has been. You can reflect on why you were able to achieve your goals or why you have not succeeded in achieving some others.

Knowing why you were or weren't able to achieve your goals can help you improve both your goal-making skills and how you achieve your goals.

Here is an example:

Learning/Personal Development

I had _8_ goals.
I have achieved _7_ goals.

_7_ goals were achieved because they were realistic goals, I knew the steps I had to take to achieve them and I was motivated enough to achieve them.

_1_ goal was not achieved because the goal was too far ahead. I wasn't motivated enough because the goal was still too far away. I put it aside and tried to achieve the other goals which were currently more important.

Goals achieved: _7_ / _8_

Things I did well that helped me achieve my goals:

- Visualizing achieving my goals
- Being consistent
- Being patient

Things I still need to improve on:

- Creating goals that are short-term

T | H | R | I | V | E
FRAMEWORK

GROWTH

Spirituality

I had ___ goals.
I have achieved ___ goals.

___ goals were achieved because _____
_____.

___ goals were not achieved because _____
_____.

Learning/Personal Development

I had ___ goals.
I have achieved ___ goals.

___ goals were achieved because _____
_____.

___ goals were not achieved because _____ .

Family/Friends

I had ___ goals.
I have achieved ___ goals.

___ goals were achieved because _____
_____.

___ goals were not achieved because _____.

Love Life

I had ___ goals.
I have achieved ___ goals.

___ goals were achieved because _____
_____

___ goals were not achieved because _____.

STABILITY

Business/Career Mission

I had ___ goals.
I have achieved ___ goals.

___ goals were achieved because
_____

___ goals were not achieved because _____
_____.

Money/Finance

I had ___ goals.
I have achieved ___ goals.

___ goals were achieved because _____.

___ goals were not achieved because _____
_____.

Health and Wellness

I had ___ goals.
I have achieved ___ goals.

___ goals were achieved because _____
_____.

___ goals were not achieved because _____
_____.

PLEASURE

Fun/Recreation

I had ___ goals.
I have achieved ___ goals.

___ goals were achieved because _____
_____.

___ goals were not achieved because _____
_____.

Goals achieved: ___ / ___

Things I did well that helped me achieve my goals:

Things I still need to improve on: