



Short- Term Goal Check-in

This worksheet is meant to make you think about your **short-term goals** and what progress, positive or negative, you have made towards them. Reflect on these goals and think about what worked well and what didn't.

Goal 1:

What worked?	What didn't work?

What will you change?

Goal 2:

What worked?	What didn't work?

What will you change?

Goal 3:

What worked?	What didn't work?

What will you change?
