

EVALUATING SUCCESS AND REFINING GOALS

Reflecting on Progress and Defining What's Next

09

Your
Logo &
Tagline

What You'll Achieve This Week

- Reflect on the progress made since the start of the program.
- Celebrate wins and learn from challenges.
- Identify areas for improvement or adjustment.
- Set refined, actionable goals for the next phase.

Content



Inside?

What Have You Achieved?



- Reflect on your accomplishments in these areas:
 - Physical health (e.g., energy, strength).
 - Emotional well-being (e.g., mindfulness, balance).
 - Daily habits (e.g., consistency, resilience).
- Write down three specific achievements you're proud of.



Learning from Obstacles



- Reflect on common challenges faced during the journey:
 - Internal barriers: Motivation, mindset, or emotions.
 - External barriers: Time constraints, social pressures, or resources.
- Use the Reflection Worksheet to explore:
 - What worked?
 - What didn't work?
 - How can you adapt moving forward?



Reconnecting with Your Why



- Revisit your original goals:
 - Are they still relevant?
 - Do they need to evolve?
- Focus on the bigger picture:
 - What does success look like for you in the next phase?
 - How can you align short-term actions with your long-term vision?



Creating Your Next Steps

Goal Setting

S specific
M measurable
A attainable
R relevant
T time - bound



- Specific: Focus on a clear outcome (e.g., "exercise 3x a week").
- Measurable: Define metrics for success.
- Achievable: Choose realistic and attainable goals.
- Relevant: Align with your overall wellness vision.
- Time-Bound: Set a timeline for achieving your goals.



Weekly Resources

08

www.reallygreatsite.com



- Reflection and Goal Refinement Journal: Analyze successes and set new objectives.
- Progress Chart: Visualize how far you've come.
- Goal-Setting Template: Structure and outline your next steps.



Building Momentum for Growth



www.reallygreatsite.com

**EVERY TRIUMPH
BEGINS WITH
ONE STEP**



- Break large goals into smaller, manageable steps.
- Review your goals weekly to track progress and adjust as needed.
- Celebrate small wins—they build confidence and motivation.
- Seek support from your accountability network to stay on track.

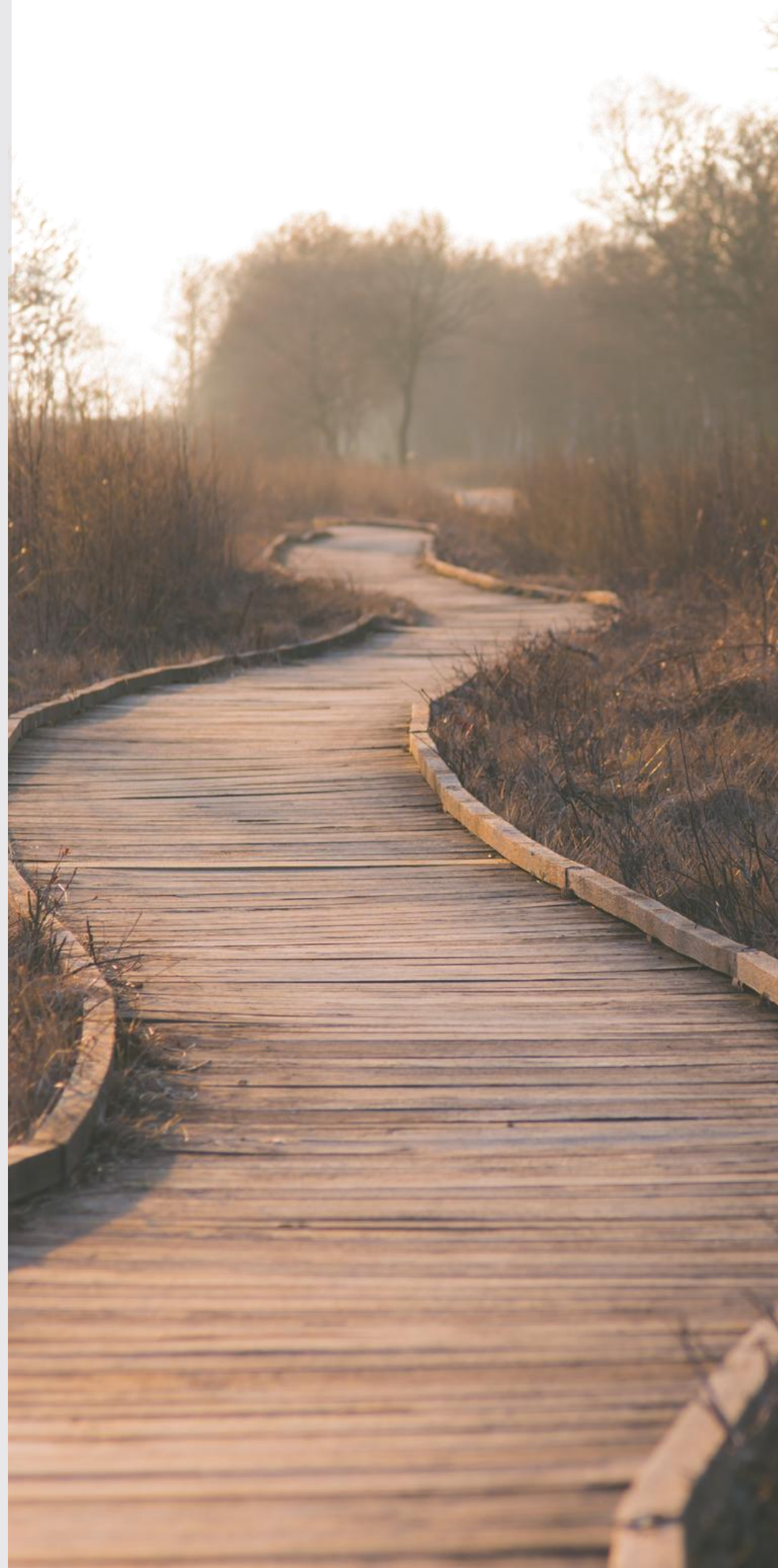


Metabolic Reset

Your Reflection and Goal Plan



www.reallygreatsite.com



- Complete the Reflection and Goal Refinement Journal this week.
- Create 1-2 refined SMART goals for the next phase.
- Use the Progress Chart to visualize your achievements.
- Share one success and one goal with the community forum.



Metabolic Reset

Thank You

