

# REASSESSING GOALS AND PROGRESS

ALIGNING SHORT-TERM ACTIONS WITH LONG-TERM WELLNESS

PARTICIPANT'S NAME: \_\_\_\_\_ DATE \_\_\_\_\_



Module One

# Reflection on Progress

What were my biggest wins during the Reset phase?



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What areas still need improvement?



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What habits have I already developed?



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# Setting New Goals

Prompt	Goal	Why	How	When
What is my biggest wellness goal for the next three months?				
What smaller steps can I take toward that goal?				
What does success look like to me?				