

Reflecting and Goal-setting

Goal	Questions	Options and Perspectives	Actions	Evidence
What am I trying to figure out? What am I trying to do?	What are my questions? What do I wonder?	How might I think about this differently? Where might I go for new ideas?	What am I going to try? How might I approach my goal(s) and in what order?	How will I know whether or not I am on the right track? What will success look like for me?

Time frame: Begin _____ End _____
 When do I plan on reflecting on my progress? _____
 Date _____ Signed _____