

Reflection Questions

Goal: _____

Target Date: _____

Associated Spokes: _____

1. What are the benefits for achieving this goal?

2. What is the time, effort, and money that will be required to achieve this goal?

3. What are the risks and back up plans to this goal?

4. Is it worth it?

5. Am I willing to make the necessary commitments needed to accomplish this goal?

At this point, go back to the Planning and Design Worksheet. You may need to redefine your action steps and level of commitment to achieving this goal.