

Setting Learning Goals REVIEW

Every one to two weeks, take a few moments to answer these questions with honesty:

1. Are you sticking to the plan?
2. How can your plan be improved?
3. Have you needed to use Plan B?
4. If so, how did that work out for you?
5. Where can you improve on your original plan?
6. Do you need to modify anything?
7. If so, are they working better for you?
8. Have your results met your expectations so far?
9. If not, why not?
10. What can you do to improve your results (go back to the original who, why, where, when, how, can you add to it?)



The other type of evaluation can be done monthly or even quarterly; and it should focus more on your long-term progress rather than your daily actions.

1. Are your plans moving you in the right direction?
2. Is your ultimate goal still the same, or are you considering a change in direction?
3. Can you think of any ways to improve upon your original plans?
4. What are you learning about yourself through this process?
5. Have you developed a stronger appreciation of any aspect of yourself?
6. Which of your qualities and habits still need improvement?
7. How can you begin to expand your potential and stretch your limits?
8. Are you beginning to think of even larger goals you can achieve now?