

Name: _____

Course: _____






Date: _____

Goal: _____

Steps	Timeframe
Step 1 I will:	
Step 2 I will:	
Step 3 I will:	
Step 4 I will:	
Step 5 I will:	

Self-Assessment

Circle or check 1-5 to assess how you think you did meeting this goal.
One being the worst case scenario and five being the best case scenario

<ul style="list-style-type: none">• I did not accomplish this goal	<ul style="list-style-type: none">• I gave it a shot but gave up quickly	<ul style="list-style-type: none">• I gave it valid efforts but lost motivation half way though	<ul style="list-style-type: none">• I gave it a lot of effort but was not focused and detailed enough to reach the entire goal	<ul style="list-style-type: none">• That goal couldn't have gone any better!!!
1 	2 	3 	4 	5 

Explanation: