Before setting new goals, it's important to look back to previous goals you have set and learn from them.

- Analyze why you reached those goals or why you didn’t reach those goals.

Previous goal(s) I have set: ________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Were goals achieved? ______________________________________________________
________________________________________________________________________

List the reasons the goals were achieved or not, be specific____________________
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________________________________________________________________________
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________________________________________________________________________

What barriers did you encounter with previous goals. What can you do to confront barriers and obstacles to reaching your goal(s)?
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________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

In summary, what did you learn from your previous goal(s)?__________________
________________________________________________________________________
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________________________________________________________________________
________________________________________________________________________