When a goal is set but not met, it is important to learn from it rather than see it as a failure. Feedback will help provide you with information for becoming successful for the next goal set. Think of a time when you or somebody you know didn’t reach a goal, state the goal and provide feedback for improvement.

Academic Goal: __________________________________________________________

Feedback: ________________________________________________________________

__________________________________________________________________________

Fitness Goal: ______________________________________________________________

Feedback: ________________________________________________________________

__________________________________________________________________________

Social Goal: ______________________________________________________________

Feedback: ________________________________________________________________

__________________________________________________________________________

Personal Goal: ___________________________________________________________

Feedback: ________________________________________________________________

__________________________________________________________________________