

Goal Check In Worksheet

Goal #1: _____ **EXAMPLE: Invite a healthy, romantic relationship by 12/31/19** _____

Progress & Magic: What progress did you make? What magic occurred? What will you do to celebrate? _____

Example: I reconnected with an old flame! The magic was that we were finally able to make the connection. I'm celebrating by getting myself some new lingerie! _____

Goal #1: _____

What progress did you make? What magic occurred? What will you do to celebrate?

Goal #2: _____

What progress did you make? What magic occurred? What will you do to celebrate?

Goal #3: _____

What progress did you make? What magic occurred? What will you do to celebrate?

