**Short- Term Goal Check-in **

This worksheet is meant to make you think about your **short-term goals** and what progress, positive or negative, you have made towards them. Reflect on these goals and think about what worked well and what didn’t.

**Goal 1:**

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| **What worked?** | **What didn’t work?** |
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**What will you change?**

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**Goal 2:**

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| **What worked?** | **What didn’t work?** |
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**What will you change?**

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**Goal 3:**

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| **What worked?** | **What didn’t work?** |
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**What will you change?**

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