



# Evaluate Your Plan for Success

## Good Habits

Do you have a routine or a habit that is helping you work towards reaching your goal?  

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What are you doing most days to work on this goal?  

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Grade your good habits:  

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A B C D F

Do you have any habits that are stopping you from reaching this goal?  

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## Disappointment

Have you had to face disappointments while working on reaching your goal?  

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Yes No

How did you respond to those disappointments?  

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Grade your ability to respond to disappointments:  

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A B C D F

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## Sacrifice

What is getting in the way of you accomplishing your goal?  

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Have you had to make sacrifices along the way?  

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Yes No

If yes, why did you eliminate those items?  

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Grade your ability to evaluate and eliminate distractions:  

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A B C D F

## Failure

Have you had a failed attempt at reaching your goal?  

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What happened and how did you respond?  

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Yes No

Grade your ability to respond to failure:  

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A B C D F

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## Persistence

How long have you been  
working on this goal?

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Have you given up on the  
goal before, or thought of  
giving up on the goal?

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Yes No

Grade your persistence:

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A B C D F

What stops you from making  
progress towards this goal?

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## REFLECTION: strengths

Address the A's you gave yourself. List them as strengths and why you do so well in these categories.

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## REFLECTION: opportunities + action plan

Address the other grades. What would it take to bring each grade up? Find one area to focus on first. Create a plan for bringing that grade up one letter and how you will do that.

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