




# Weekly Goal Check-In Template

## 1. Weekly Wins

### What went well this week?

Take a moment to reflect on your achievements—no matter how small. Recognizing your wins boosts motivation and reinforces positive habits.

 *Example prompts:*

- What made you feel proud?
  - What did you accomplish that felt meaningful?
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## 2. Goal Progress

### Which goals did you work on, and what actions did you take?

This is where you track movement toward your goals. Be honest and specific.

 *Example prompts:*

- What did you plan vs. what did you complete?
  - Are you closer to your short-term or long-term goals?
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## 3. Challenges & Lessons

### What obstacles came up, and what did you learn from them?

Growth often hides in setbacks. Reflect on difficulties as opportunities.


 *Example prompts:*

- What slowed you down or distracted you?
  - What insight or lesson can you take forward?
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## 4. Accountability Check-In

### Did you follow through on your commitments?

Accountability builds consistency. Be honest about your follow-through and any support you received.

 *Example prompts:*

- What did you say you'd do? Did you do it?
  - Who (or what) helped keep you on track?
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## 5. Affirmations & Mindset

### What empowering thoughts will guide you next week?

Affirmations help rewire your mindset and fuel confidence.

 *Write 1–3 affirmations like:*

- “I am capable of showing up for my goals.”
  - “Progress, not perfection.”
  - “I trust my journey.”
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## 6. Next Steps

### What are your top 3 priorities for the upcoming week?

Get clear on what matters most right now.

 *Example prompts:*

- What 3 things will move the needle forward?
  - What support or resources do you need?
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