



## **Self-Survey: How's My Progress?**

*To be completed as often as needed (I recommend you choose when to take benchmarks based on the length of time toward your goal!) to evaluate your progress, modify your strategy, and align your energetic self to success.*

- 1. Let's review: What was your big, overall goal? What was your timeframe?**

**Now, how are you feeling about your progress so far?**

- 2. What is working well? What has been serving you the most?** *(This may include your own actions, behaviors and beliefs, or those of others, as well as things beyond your control)*
  
- 3. What isn't working well? What hasn't been serving you?** *(This may include your own actions, behaviors and beliefs, or those of others, as well as things beyond your control)*
  
- 4. Let's make (or review) your failure strategy. How can you minimize, eradicate, or work around those negative factors when they come up?**





5. **Let's make (or review) your success strategy. What do you need to do on a regular basis (daily, weekly, etc.) to make sure you hit your overall goal? How can you take what's already working well and amplify it?**
  
6. **As a reminder, your big goal is to:**
  
  
  
  
  
  
  
  
  
  
7. **How confident are you feeling about reaching it? If you're not at 100% confidence, what would make it 100%?**

**How will you feel after you achieve this goal? Write it all out, then highlight the two most important adjectives that describe your feelings.**

8. **Add the secret sauce! Let's create a regular check-in** *(daily or weekly depending on how short or long-term your goal is)*. **Ask yourself: Do I feel (adjective #1) and (adjective #2) in regards to my progress right now? What would make me feel (adjective #1) and (adjective #2) today?** *Your work is to take the aligned/inspired action that comes up for you! This may be an external action or an internal shift, whatever it is that allows you to feel those feelings of accomplishment.*

***When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps. - Confucious***

