

Goal Reflection

After the study of *The View from Saturday*, reflect the goals written earlier in the year. Use the following questions to think about in depth and to respond to in your reflection:

1. How have you progressed on the path to achieving your goals?
2. What specific actions have you taken so far which will aid you in achieving these goals?
3. What kinds of obstacles have you seen in your way?
4. How have you attempted to overcome these obstacles?
5. Have you been successful or not in achieving these goals? Why or why not?
6. What have you learned about yourself so far?
7. What have you learned about overcoming obstacles? --about achieving goals?
--about goal setting?

After completing a quiet self-reflection, respond in some form writing—a poem, a stream of consciousness writing, a dialogue with themselves, etc. Capture yourself at this moment in time and where you are at this point in your quest.

Also create a symbol which represents yourself and the point you are at in your journey at this moment. The written self-reflection and the symbol are put into your “QUEST CHEST” which will be turned in at the end of the year with all the self-reflections and symbols.