

Goal Setting Worksheet

Take a moment to reflect on why you came to this workshop and what you learned over the course of your time here. Jot down your thoughts based on these guiding question:

- *What do you most want to remember about the work you did here?*

- *What have you learned that will influence your client/team communications?*

- *What do you want to do differently moving forward?*

- *How will you know if you are successful?*

As a result of your time in this workshop what 2-3 skills will you try when you return to work?

1. _____

2. _____

3. _____