

Checking Your Progress

An honest conversation with yourself about where you are and where you want to go.

This is an honest conversation with yourself. Set aside a few quiet minutes and answer as truthfully as you can. There are no right answers — only your answers.

My original goal was:

Has my goal changed? If so, how?

Actions I have taken toward my goal:

What have those actions taught me or changed in me:

What challenges did I face along the way:

How my motivation feels right now:

Feedback I have received about my actions:

How I feel about my progress overall:

What I want to focus on next:

Bring this to your next session with Maya with honest reflection. If it's uncomfortable it means you are making progress.