Day 1: Taking Stock, Reflecting, and Setting New Goals

1. What did you achieve today?

2. How does what you achieved compare to the goal you set for yourself today?

3. Look back at the goal you set for tomorrow (Tuesday). Should you revise it? If so, write your goals for tomorrow here:

4. What breakthrough, accomplishment, great writing (even a single great sentence!) would you like to share with the group today?