

Goal Reassessment Template

As time goes on, our initial goals may no longer align with our current situation, or they may seem overwhelming. Reassessing your goals can help refocus your efforts and reignite your motivation. Use this template to evaluate where you stand with your goals and make adjustments if necessary.

Current Goal

What was your original goal?

Example: "Complete my project by the end of this month."

Obstacles

What challenges have you faced in achieving this goal?

Example: "I underestimated the amount of time it would take and encountered unexpected work responsibilities."

Adjustment

How can you revise this goal to make it more achievable or relevant?

Example: "I will extend my deadline by two weeks and dedicate an hour each day to the project instead of trying to complete large chunks all at once."

New Timeline

When do you want to complete this updated goal?

Example: "I aim to finish the project by the 15th of next month."