



TOPIC: GOAL SETTING AND STAYING ON TRACK

TITLE: MID-YEAR SELF ASSESSMENT

"The time to repair the roof is when the sun is shining." - John F. Kennedy

As we approach mid-year, I'd like to challenge each of you to take an opportunity to step back and assess where you are at, where you are going, and the progress you're making in getting there.

Some of you may find yourself in a position of achieving success and on track, or not as much success as you would have liked, or maybe in a position of having some gaps. By looking at this today, you can determine what's working, what's not, and what you can do differently to be even more effective in the next six months.

Let's begin our self-assessment:

First, look at your vision and assess if its still worthy - has it changed - and are the strategies you had in place the right ones to support your vision?

Next, list the goals you set out to achieve earlier this year.

- 1.
- 2.
- 3.

For each strategy, what were the actions you committed to take to accomplish the desired results, and rate yourself on a scale of 1-5 as to consistency.

Actions	Did you do it?	How well?
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- | | | |
|----|--|--|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |

Did these actions help me toward my goals?

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Next, list the results you've achieved to date.

- 1.
- 2.
- 3.
- 4.
- 5.

What are the critical behaviors and tools that have helped you achieve success? Think back to some of the tools we've discussed (creating success habits, relationship building tools such as the profile, plan, pipeline, sustaining behavior change, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

Let's now look at what's worked, and what hasn't, so that you can make new commitments.

What's worked well in helping you achieve your goals and why?

How did it happen?

What hasn't worked and why?

What would you do differently?

What could you have done better?

My challenge for you this week is to reassess your year 2000 vision and goals, then make a commitment to five actions you will take to achieve them and do them consistently between now and the end of the year.

Think about how different your results might be if you went through this process every month and constantly looked at what's working and what you could do better or differently. This is one of the key benefits of having a professional coach - to help you get the results you'd like faster and easier. If you think a coach could help you stay on track and help you reach your goals, give SkillsMastery a call. We'd love to help you achieve the results you desire.



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