**Review a – My Personal Goal(s)…**

Look at the Personal Goal(s) you set earlier, and answer the following questions (for each goal):

1. Have you been able to achieve all or part of your goal(s)? Explain where you are up to.
2. Which Capabilities (minimum of 3) might help you achieve your goal better or more efficiently? Explain in detail for each Capability how the Capability *links to your goal and achieving it better.*
3. With the Capabilities in mind, s there anything you need to change or modify in your plan, to be able to achieve your goal(s) better or more efficiently?
4. If you have achieved your goal(s), obtain another Goal Setting template and set a new goal(s).