

PORTVISORY: MARCH 2019

REFLECTING ON GOALS

TODAY

- File reflections
- Look back at the goals you set in January
 - Did you meet them? Why or why not?
- Video
- Set goals for rest of the year!

DID YOU MEET YOUR GOAL?

Did You Meet Your Goal??

This term my goal was

Did I meet it?

Not at All!

A little bit

Mostly

Totally!

What did you do well to help you meet your goal?

What could you do better the next time?

*Take time to
think back over
your progress
in the last
term.*

VIDEO:

Sam Effah
is a
Canadian
Sprinter



SETTING NEW GOALS

Goal Setting

This term my goal is

I will accomplish this by

1.

2.

3.

I will hold myself accountable by:

*Set a goal for
this spring.*

*What steps will
you take to
achieve it?*