



_____ 's Goal Progress Analysis

My Goal: _____

Write specifically what is happening now towards achieving your goal under Opportunities.

Write the benefits(positives) and obstacles(negatives) for each where appropriate.

Opportunities

Benefits/Obstacles

Has the goal been accomplished Yes No In Progress

Explain why or why not? _____

Does the goal need to be revised? Yes No If yes, revise with Goal Planning Worksheet

If a new goal is needed, begin the process with the C.R.O.S.S.ROADS Goal Setting Worksheet.