

Goal Hot Wash: 10 Questions to Evaluate Your Goals

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1. Did I accomplish my goal? If not, did I get really close or was I satisfied that I made significant progress so that I'll continue working on it?
2. Did I do any planning for this goal? What kind of planning did I do? How detailed was it? Did I know what outcome I was looking for?
3. Did the time frame for the goal match the time period I was trying to accomplish it in? Was it easier/faster than I thought? Did I not think it would take as long as it did/is going to? Did I over/underestimate the amount of time I would need to work on the projects associated with it?
4. Was this a subject I was already familiar with? Or was this completely a new topic/idea that I was tackling?
5. Was I attracted to this goal? Did it excite me? Why or why not? (Was it the subject? How it was worded?)
6. How much of a stretch goal was this? Was this too easy? Did I think I'd be able to do it or did I have an inkling that it was going to be impossible from the start?
7. Do I think it was:
 - too specific? Any changes threw me off course so that I couldn't recover.
 - Just right? I could adapt as needed and knew what I needed to do next.
 - Too general? Any time I looked at it, I didn't know where to start or (at the extreme) what I even intended when I wrote it.
8. Was I reviewing this goal regularly? Did I put it on hold (whether consciously or not) and forget about it?
9. Were there any internal obstacles that kept me from moving this forward like I wanted? External obstacles? (Be specific - sure, the pandemic might have affected it, but what about the pandemic? Was it the fact that you couldn't reach out to people to help you? Was it that it affected your time, energy, or attention?)
10. Did I have any way to track how things were going? (This could be projects or tasks you're checking off, habits you're tracking, or any sort of measurement that lets you see how close you are to done.)