

# 2023 Progress Assessment Challenge



As we prepare to wrap up the first quarter (Q1) of 2023, personally and professional, what better time than now to put our life on rewind and look back at our highlights reel.

If you are prepared for that journey, we have provided a couple seed questions to get the brain thinking strategically, and hopefully help in crafting your plan for the second quarter (Q2) and beyond.

The beauty of this simple worksheet is there is no score! The only evaluator is yourself, but whether it's business or personal, the ability to set goals, and frequently check-in and identify our progress is a tremendously valuable tool in shaping our growth trajectory.

For each question, check the boxes that apply and provide any notes for further review and reflection.

## 1 Let's start by reviewing your highlight reel:

- Did I set and document my goals for Q1?
- Did someone else prescribe goals for me for Q1?
- Did I reuse goals from a previous quarter/year?
- Did I not set any goals for the quarter/year?

Notes:

## 2 Did I actively work to track my progress throughout the quarter?

- If you did, did you equally track and share your accomplishments with others?
- Bonus Points: Did you also track your challenges and misses for future re-work?
- Did I engage an accountability partner? (Boss, Manager, Spouse, Friend, etc.) to ensure my goals were published and followed?

If not, why?

If yes, did your accountability partner engage you in a way that made you feel accomplished?

## 3 How many goals did you set for yourself?

- More than 5
- Less than 5

Notes:

## 4 Goal setting is not about "success" in its most direct form, but if you had to evaluate yourself on progress for Q1...

- I am extremely satisfied with Q1!
- I have already identified improvement points but will finish the quarter strong.
- I may have lost hope early and have deterred from my original goals.
- I only set goals as a formality and did not follow them.

Notes: