

R # 15

Chapter 9: Reinforce

OFI

Opportunities For Improvement Template

A Major Goal (What and Why do you want to achieve your goal?)

Achievement: (What percent or part of the goal did you achieve?)

Yeh!!!

Challenge: (What challenge do you still face?)

Plan: (What can you do to overcome the challenge?)

What If?

If you only focus on what you have not been able to do, you feel defeated. When you start by focusing on what aspects you were able to achieve, you can feel more confident that you can do more.

Go ahead, start reviewing your goals and see how energized you feel despite challenges.