



## A TIME TO REFLECT

As we enter our last few weeks of the course, it is a good time to reflect on what you've learned and think about what changes you've made (or are planning to make) to achieve a high-performance life.

This week, we will be revisiting your dreams, objectives, and weekly wins from the Dream Setting Workbook that you filled out at the start of the program. Go back and evaluate to what extent you were able to achieve your weekly wins, meet your monthly objectives, and ultimately get closer to your dreams.

Reflect on these last several months. What worked? What didn't? What challenges did you face regarding your weekly wins or monthly objectives? Are you pleased with your progress? Write down your thoughts in the space below.

## PURSUE YOUR DREAMS

Now, taking into account all that you've learned during the program, as well as the changes you have already implemented, re-do the Dream Setting Workbook. You can either update existing dreams with their relevant objectives, or you can even add in new dreams.

With this program, we hope that you have been able to create more time for yourself outside of work, while being as productive or even more productive at work. With this extra time, think about how you can use it to better yourself and move you closer to achieving your dreams.

For some, maybe it's taking an evening course after work. For others, maybe it's getting back into running or starting a new activity. Some may simply want to spend more time with family or friends. When we reflect on what we want to get out of our work and our life, and we begin to plan for how to achieve those dreams, we will begin to live a more fulfilling life in which we work and live with renewed passion, energy, and focus.





## Your Ultimate Dream(s)

- 1.
- 2.
- 3.

## YOUR GOALS (WHAT YOU'D LIKE TO ACHIEVE THIS YEAR)

### Dream #1:

Goal(s):

1.

2.

3.

### Dream #2:

Goal(s):

1.

2.

3.

### Dream #3:

Goal(s):

1.

2.

3.





## Monthly Objectives and Weekly Wins

### Dream #1:

Goal(s):

1. 2. 3.

Monthly Objective(s)	Weekly Win(s)
1.	Week 1
2.	Week 2
3.	Week 3
	Week 4





## Monthly Objectives and Weekly Wins

### Dream #2:

Goal(s):

1. 2. 3.

Monthly Objective(s)	Weekly Win(s)
1.	Week 1
2.	Week 2
3.	Week 3
	Week 4





## Monthly Objectives and Weekly Wins

### Dream 3:

Goal(s):

1. 2. 3.

Monthly Objective(s)	Weekly Win(s)
1.	Week 1
2.	Week 2
3.	Week 3
	Week 4





## POST-ASSESSMENT



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