

# ALX

P E R F O R M A N C E  
EST. 2023



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## GOAL SETTING

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# REFLECTION

2023

## REFLECT ON 2023

**WHAT/WHO ARE YOU GRATEFUL FOR?**

**WHAT WENT WELL FOR YOU? WHAT ARE YOU PROUD OF?**

**WHAT DID YOU HAVE DIFFICULTY WITH? WHAT COULD YOU HAVE DONE BETTER?**

**WHAT DO YOU WANT TO LEAVE IN 2023?**

**WHAT DO YOU WANT TO BRING INTO 2024?**



# LOOKING AHEAD

## 2024

### LOOKING AHEAD TO 2024

**WHAT DO YOU WANT YOUR 2024 TO LOOK LIKE?**

**HOW DO YOU WANT TO FEEL AT THE END OF 2024?**

# GOAL ACTION *plan*

**GOAL**

START DATE:

DUE DATE:

**WHY IS YOUR GOAL IMPORTANT TO YOU?**

**ACTION STEPS**

CLEARLY OUTLINE HOW YOU WILL  
ACHIEVE YOUR GOAL

**POSSIBLE OBSTACLES**

WHAT MIGHT GET IN THE WAY OF  
ACHIEVING YOUR GOAL?

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**HOW TO OVERCOME OBSTACLES**

HOW WILL YOU OVERCOME THESE  
OBSTACLES TO STAY ON TRACK?

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