

Monthly Personal Inventory

I, _____ agree to honestly evaluate progression towards my goals on the _____ day of each month. I will keep a log of each month's evaluation and hold myself accountable in the following way:

Signature: _____

Date: _____

Questions to answer honestly each month:

1. Have I put forth the required effort to meet this goal?
2. What additional effort can I put forth?
3. How have I progressed in terms of making this goal a reality?
4. What are some obstacles I've found along the way?
5. Is my SWOT analysis still reasonable? Can I add or take away anything?
6. What part of this goal am I going to focus on more next month?
7. Have I logged my responses to these questions?