

# Goal-Getting Review Seminar

**TRINITY**  
TRANSFORMATION

**What phase are  
you in?**

**TRINITY**  
TRANSFORMATION

# Part 1: Reflection

**TRINITY**  
TRANSFORMATION

# What are your biggest wins from the past quarter?

**Bonus Question:** What are you most proud of, but haven't fully acknowledged?

# What disappointments have there been in the past quarter?

**Bonus Question:** What did you say you'd do... but didn't?

**TRINITY**  
TRANSFORMATION

# What lessons can you learn from your wins and disappointments?

**Bonus Question:** If I looked at your actions (not intentions), what would you say your priorities actually are?

**What gave you the most energy?  
What drained you the most?**

**Bonus Question:** What felt like effort... but didn't produce results?

**TRINITY**  
TRANSFORMATION

# Part 2: Next Quarter's Plan

**What needs to have happened for  
you to be happy with your progress  
in 12 weeks time?**

**Bonus Question:** What are the 3 most important outcomes to focus on?

**TRINITY**  
TRANSFORMATION

**What do you need to stop doing to  
make these goals easier to achieve?**

**(Patterns, habits, behaviours, mindsets, roles, appointments)**

**TRINITY**  
TRANSFORMATION

**What's currently working that  
you need to keep up?**

**(Support systems, patterns, habits, behaviours or mindsets)**

**What must be non-negotiable  
this quarter?**