



h+h Check-In

Before h+h

- What were your goals for this trip?
- What steps have you taken towards reaching these goals?
- What can still be accomplished in the final 24 hours?
- What support do you need to make those goals happen?

After h+h

- Who do you want/need to follow up with?
- How will you follow up? What does that conversation look like?
- What actions are you going to take for the rest of the quarter?
- What kind of accountability do you have/need to put in place?

Goal-Building Questions

- Goal**
- What do you want to do?
 - What is your ultimate aim?

- Reality**
- Where are you now?
 - What are some of the barriers preventing you from achieving your goal?

- Options**
- What could you do?
 - What are the resources available to you?
 - What changes can you make to your own behavior to overcome barriers?

- Will**
- What will you do?
 - How can you start making changes or tapping into available resources to achieve your goal?

Additional Reflections

- What's sparked your imagination?
- What made you think differently?
- What was missing that you were hoping for?



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