

Goal Clarity Reflection Prompts

Start with curiosity, not pressure. Let your answers guide your next small step.

Emotional Landscape Check-In

How have I been feeling about my life lately, emotionally, mentally, physically?

What emotions come up when I think about “setting goals”?

What do I need to feel safe and supported while I grow?

Past Patterns & Progress

What's worked for me in the past when I set goals that felt good?

When have I felt proud of myself, regardless of the outcome?

Are there any old goal-setting habits or mindsets I'd like to release?

Present Season Awareness

What's most present in my life right now, what's taking up space?

Where do I feel gentle desire or curiosity to shift something, even a little?

If I had 10% more energy, where would I want to use it?

Values & Longings

What do I care about most right now, not forever, just for this season?

What kind of person am I becoming, and what might help me feel more like them, day by day?

What do I long for more of in my daily life, connection, rest, meaning, joy?

Clarity Into Action

If I could only set one micro-goal this month, what would it be, and why?

What would success look like in a way that's aligned with my capacity?

What reminder or mantra could help me approach my goals with softness and grace?
