



NBS End-of-Summer Worksheet

You've come a long way in 120 days! The purpose of this survey is to help you reflect on the accomplishments you've made, as well as lay out the next steps for you to keep moving forward.

120 days ago, your biggest goal was:

List the accomplishments you've conquered, large and small, towards that goal.

What is one thing you've discovered about yourself?

What is one strength you didn't know you had?

What is one area you want to improve upon?

Which month's topic was most powerful for you?

What was most helpful from Lain?

What do you still have questions about?

What is your next task to tackle? What resources do you need to accomplish that?