

## Check Your Progress *5 Minutes*

Find your Squad Goals Worksheet and take a few moments to reflect on progress towards your goals. Write at least one action you have taken towards achieving each one.

<i>Goal One Actions</i>	<i>Goal Two Actions</i>	<i>Goal Three Actions</i>
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## Take It Step Further *10 Minutes*

Review the actions you wrote in the previous exercise and brainstorm answers to the following questions: Are you satisfied with your progress? What are your next steps? Who in your network can support you with reaching your goals?

<i>Goal One Reflections</i>	<i>Goal Two Reflections</i>	<i>Goal Three Reflections</i>
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## Lessons Learned *15 Minutes*

Take a moment can reflect on your Squad meetings. What have you learned? Which ideas suggested by the group can help you grow your career? List at least 3 insights you have gained from the program so far.

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**Share with Your Squad** Before your next meeting, visit your Group Conversation and share how the program has impacted your career so far. Sharing your ideas and expressing gratitude are simple ways for you to continue strengthening relationships with fellow Squad members.