Behavioral Health Advisory Board (BHAB) Personal Member Goals Reflection

Name: _____

Personal Member Goal:

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Instructions:

Take a moment to revisit your goal from the 2025 BHAB Mid-Year Retreat and reflect on what has changed since you first wrote it.

Use these questions to guide your reflection:

- “Is your goal still relevant, or has it changed or evolved?”
- “Have you made progress toward your goal?”
- “How can others collaborate or support you in reaching your goal?”
- “What is one actionable step you can take toward achieving your goal?”

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