

## GROWTH CHECK: WORK PERFORMANCE EVALUATION FORM

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**Instructions:** Take 2 minutes to answer each question honestly. Use this form regularly to track your progress and identify growth areas.

**1. What did you accomplish last week that you are most proud of?**

**2. What was your biggest challenge or setback? How did you handle it?**

**3. Did you learn any new skills or knowledge? If so, what?**

**4. Who or what helped you succeed?**

**6. Are you on track with your goals? (Yes/No)**

- If no, what do you need to adjust?

**5. What is one thing you could improve next week?**

**7. What is your top focus for next week?**

Repeat this exercise on a regular basis to continuously improve your performance.