

Resources

3. Powerful Goals for me.



Coaching is about change. Short and long term changes. Changes in both what you do (your outer purpose - 'actions') and who you are (your inner purpose - 'being').

Use this sheet to put down your thoughts of what you'd like be doing and feeling in 3, 6, and 12 months with the help of coaching. How about 5 years?

The key to success is to make sure your goals are dynamic rather than static ie. an activity. The reason for this is that dynamic goals empower you whilst static goals (house by the sea, money in the bank) fail to connect with the energy within you. eg. As a leader, I'd like to be inspiring countless people through my work, enriching both my life and theirs.

3 months

6 months

12 months

5 Years