



## Goal Setting Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Primary Coaching Goals

Identify up to 3 primary areas you want to focus on during our coaching relationship. The goals should be challenging (so you will remain interested) and achievable (realistic). To help you, try answering the questions:

**“How specifically would you like you, or your life, to be different after coaching with me?”**

For each focus area, write a simple heading and do your best to describe measurable results – how you’ll know you have succeeded or are on track. For example:

Example Goal	1) Be more productive at work	2) Have more quality time with my kids		
I'll know I've succeeded when:	I have a system to follow up on calls and emails. I'm on time (or early) for meetings and I get 90% of my tasks accomplished.	I'm home from work by 6pm, once a week we go out and do something fun together. My kids won't complain that they never see me. I feel happier.		



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**GOAL 1:** \_\_\_\_\_

I'll know when I've succeeded when:

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**GOAL 2:** \_\_\_\_\_

I'll know when I've succeeded when:

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**GOAL 3:** \_\_\_\_\_

I'll know when I've succeeded when:

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