

10 Goals to Reach in the Next 180 Days

What are the goals you most want to set for yourself for the next 180 days? Please select only those goals which you really want, not the ones you should, could, oughta or might want. Look deep inside and then write down your 10 personal and professional goals and discuss these with your coach. When you set the right goals for yourself, you should feel excited, a little nervous, ready and willing to go for it!

Don't select the goals you historically have chosen, but never reached, unless you're in a much better position to reach them now.

START DATE	FINISH DATE	THE SPECIFIC MEASURABLE GOAL	✓
_____	_____	1 _____	_____
_____	_____	2 _____	_____
_____	_____	3 _____	_____
_____	_____	4 _____	_____
_____	_____	5 _____	_____
_____	_____	6 _____	_____
_____	_____	7 _____	_____
_____	_____	8 _____	_____
_____	_____	9 _____	_____
_____	_____	10 _____	_____

Please develop a 3-step action plan or strategy for each goal and fine-tune this with your coach.

WHAT ARE THE PERSONAL AND PROFESSIONAL BENEFITS TO YOU OF ACCOMPLISHING THESE GOALS?

1	_____
2	_____
3	_____
4	_____
5	_____

Action Plan

Write down 10 goals and the 5 action steps to reach each goal, on the lines below. Be specific and brief. Select only those actions which will reach the goal. Check the first circle when starting and the second circle when done.

GOAL #1 ☐

- ☐ ☐ 1
- ☐ ☐ 2
- ☐ ☐ 3
- ☐ ☐ 4
- ☐ ☐ 5

GOAL #6 ☐

- ☐ ☐ 1
- ☐ ☐ 2
- ☐ ☐ 3
- ☐ ☐ 4
- ☐ ☐ 5

GOAL #2 ☐

- ☐ ☐ 1
- ☐ ☐ 2
- ☐ ☐ 3
- ☐ ☐ 4
- ☐ ☐ 5

GOAL #7 ☐

- ☐ ☐ 1
- ☐ ☐ 2
- ☐ ☐ 3
- ☐ ☐ 4
- ☐ ☐ 5

GOAL #3 ☐

- ☐ ☐ 1
- ☐ ☐ 2
- ☐ ☐ 3
- ☐ ☐ 4
- ☐ ☐ 5

GOAL #8 ☐

- ☐ ☐ 1
- ☐ ☐ 2
- ☐ ☐ 3
- ☐ ☐ 4
- ☐ ☐ 5

GOAL #4 ☐

- ☐ ☐ 1
- ☐ ☐ 2
- ☐ ☐ 3
- ☐ ☐ 4
- ☐ ☐ 5

GOAL #9 ☐

- ☐ ☐ 1
- ☐ ☐ 2
- ☐ ☐ 3
- ☐ ☐ 4
- ☐ ☐ 5

GOAL #5 ☐

- ☐ ☐ 1
- ☐ ☐ 2
- ☐ ☐ 3
- ☐ ☐ 4
- ☐ ☐ 5

GOAL #10 ☐

- ☐ ☐ 1
- ☐ ☐ 2
- ☐ ☐ 3
- ☐ ☐ 4
- ☐ ☐ 5