



Yes! Coach Goals and Self-examination form

Step 1: Get clear on what you want.

5 most important Goals:

1. _____ Due date _____
2. _____ Due date _____
3. _____ Due date _____
4. _____ Due date _____
5. _____ Due date _____

Step 2: Why do you want it? (It must mean something to you -- an emotional connection)

1. _____

2. _____

3. _____

4. _____

5. _____

Step 3: What or Who is stopping you?

Step 4: Make a commitment and set a deadline – (Make it personal to you)

Step 5: Take immediate action – What are you willing to do NOW!!

Step 6: Daily Affirmation

1. Write Two (2) Daily Affirmations:

a. _____
b. _____

2. Write Two (2) new “Focus Key Words” to improve your Mindset.

a. _____
b. _____