



## Goal Setting

GOAL	What	Why	When	How	Get in the way?	Action Ideas
Instructions:	Name your goal something exciting and meaningful for you.	Why is this goal important to you?	When do you ideally want to achieve this goal?	How will you do it? What resources will you need? What skills, knowledge, conversations, support or accountability do you need to get this done?	What might derail you from achieving this goal? What ideas do you have to mitigate for this?	What action can you take now to start moving towards your goal. Think about what is POSSIBLE here not what is realistic. Once you have the ideas down you can choose which ones you want to take.
1						1. 2. 3. 4.
2						1. 2. 3. 4. 5.
3						1. 2. 3. 4. 5.
4						1. 2. 3. 4. 5.
5						1. 2. 3. 4. 5.

Get in touch if you would like coaching support from me, always delighted to help: [kerry@kerrysutcliffe.com](mailto:kerry@kerrysutcliffe.com)

[www.kerrysutcliffe.com](http://www.kerrysutcliffe.com)