

Life Coaching Goal Setting Worksheet



DIRECTIONS: Think about what you want to get out of your coaching experience and how you want your life to be different after coaching. Complete the steps in parts one and two of this worksheet and when you're done, share it with me so we can work together to make your goals your reality.

Part One: Set Your Goals:

1. Set your overall goal and what you want to focus on.
2. Identify the top three challenging yet achievable goals you'll work towards in support of this focus.
3. Provide context for your goals — why your goal is important, what will change when you achieve it, and what obstacles you need to plan for.
4. Outline the top five action steps you must take to achieve your goal.
5. Define what success looks like.

Part 2: Reflect on how you feel and what you need

- Make a note of how setting your goals makes you feel. What bubbles up for you when you review your plan on the previous page?
- Identify what help you'll need and who or what can provide that support.

Part 3: Reflect on your journey

When our coaching has concluded or you have met your goals, reflect on how this journey has impacted your life and what you learned along the way about yourself and your life.

Part One: Set Your Goals

● Coaching Goal and Focus	
● Goal #1	● Goal #2
Why is this important?	Why is this important?
What will change as a result of reaching this goal?	What will change as a result of reaching this goal?
What obstacles will I need to overcome?	What obstacles will I need to overcome?
What action steps should I take to achieve this goal?	What action steps should I take to achieve this goal?
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
I'll know I've succeeded when...	I'll know I've succeeded when...

Part 2: Reflect on how you feel and what you need



How do I feel about my goals?



What help do I need?



Who can help me?

Part 3: Reflect on your journey



How do I feel about the goals I set? How have they impacted my life?



What got in my way, slowed my progress, or held me back?



What did I learn about myself while pursuing these goals?



What will I do differently next time?