

YOUR WORK SHEET

Writing things down creates a link between mind and body.

Plus you have something to go back to.

Writing down makes you think.

DAY 1 - WHAT IS YOUR GOAL?

Day 1 in the GOAL setting challenge is about identifying and writing down your goal.

Day 1 answers the question WHAT (do I want).

MY GOAL:

DAY 2 - WHY DO YOU WANT TO REACH YOUR GOAL?

Day 2 in the GOAL setting challenge focuses on the result of what you want, what the benefit to you will be of having achieved your goal.

Day 2 answers the question WHY (do I want my goal)

WHAT'S IN IT FOR ME:

DAY 3 - HOW ARE YOU GOING TO GET THERE?

Day 3 takes you from the fluffy, floaty clouds of your vision right back down to the streets of reality. We're talking about you creating your roadmap.

Day 3 answers the question HOW (am I going to get there)?

MY 3-5 SMART ACTIVITIES:

DAY 4 - WHAT IF OBSTACLES GET IN YOUR WAY?

Day 4 focuses not only on seeing the risks that might pop up along the way to your goal, but also on what you can do about them.

Day 4 answers the question: WHAT IF (obstacles to getting to my goal appear)?

MY POTENTIAL OBSTACLES & PLAN FOR EACH:

IF _____ THEN _____

IF _____ THEN _____

IF _____ THEN _____

IF _____ THEN _____

IF _____ THEN _____

DAY 5 - WHO IS YOUR SUPPORT?

Day 5 means it's time for you to assign your Accountability Partner: The person to make sure that you get down to doing what you said you would!

Day 5 answers the question: Who is your support (to get where you want)?

MY ACCOUNTABILITY PARTNER IS:

Name: _____

And I have let them know this, circle your answer: YES / NO

DAY 6 - HOW DO YOU CELEBRATE?

Day 6 is a day for balloons and high fives, for rewards and hoorays, it's a day to celebrate that we've made it all the way!

Day 6 is also a day to reflect. Because reflections become learnings.

THIS IS HOW I CELEBRATE REACHING MY GOAL:

MY REFLECTIONS:

Which step was the easiest for you? _____

Which was the most of an aha-moment? _____

Which one did you not like...? _____



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