

Understanding your purpose - Goal Setting

The first step in any coaching journey is knowing how to articulate your GOALS, being clear on your purpose and understanding your 'Why'.

How you go about achieving those goals and the path you need to take, comes later.

As goals can come from any area of your life, this worksheet will help you whittle down the possibilities into a more concise, actionable form. You can then take that articulation forward into future coaching conversations where you'll work through each goal and come up with strategies and action plans for each one.

If you'd like support with this or anything else to do with being a working parent then get in touch and let's work out what will work best for you.

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Using this worksheet is simple:

1. Find some time and a quiet space for yourself
2. Grab a pen and a cuppa
3. Think about the areas of your life listed on the worksheets and consider what you'd like to achieve in each area
5. Start big, use the first brainstorming worksheets and get everything down on paper, however ambitious or unrealistic it may sound
6. Now, on the final worksheet, it's time to whittle down your thoughts into goals that feel realistic, achievable and that you can give a firm timeframe to. If it helps, group them into short, medium and long-term.

S - Specific

M - Measurable

A - Achievable

R - Realistic

T - Time-based

Make your goals
SMART

Family

Personal Development



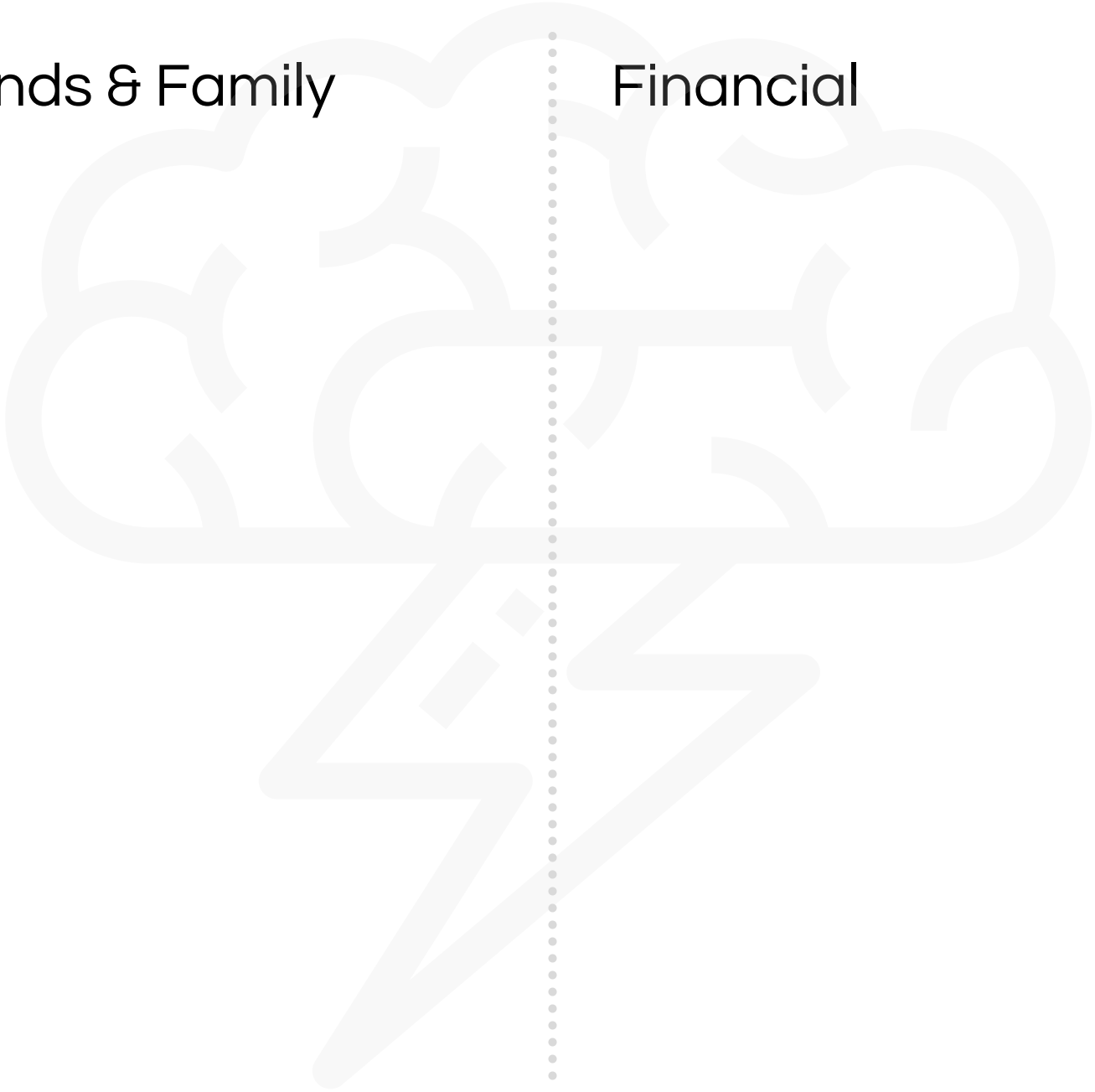
Career

Health & Wellbeing



Social (Friends & Family)

Financial



Final Goals worksheet

	Short Term	Mid Term	Long Term
Family			
Personal Development			
Career			
Health & Wellbeing			
Social (Friends & Family)			
Financial			