

I'M GOING ALL THE WAY ...

Purpose of the process:

To make your goals in life clear and to check within yourself what needs to be done in order to actually implement them. Choose an important goal you hope to achieve.

The goal can be from any topic you choose, such as personal relationship, parenting, work, certain relationship, money ...For example:

1. I want to earn at least \$15,000 a month.
2. I want to be in a personal relationship.

Clearly write down the goal you decided to focus on, onto the coaching ticket (this time the coaching ticket is a MUST!). Randomly or openly select three cards and work according to the following order:

Is the goal you chose still relevant for you?

If your answer is Yes – Great!

Write down your main insight from the process on a coaching ticket and then write three actions expressing your insight that can help bring you closer to achieving your goal We recommend the following 3 actions:

1. One for the next 24 hours
2. The second for the upcoming week
3. The third for the upcoming month

If your answer is No – Great!

Choose a new goal and start from the beginning ...

1. What's preventing / stopping me from achieving my goal?

2. What brings me closer to my goal?

3. What do I need to express in order to achieve my goal?

POINTS OF YOU

The Coaching Game

www.thecoachinggame.com