

Goal Setting Process

What has brought you to coaching/ What do you want to focus on today?

If everything in that topic was just as you wanted it to be, what would be happening? What are the benefits?

If you had to break this down into the different things you'll need to focus on – what would they be?

In which of those areas is it most important to you to make progress, first/now?

Focussing on this specific area – on a scale of 1-10 – where are you now? How will you know when you are one step closer to the 10? When can you achieve this by?

What would be a good outcome for you for this session? / What would you therefore need to take away from the next X minutes?

1. TOPIC

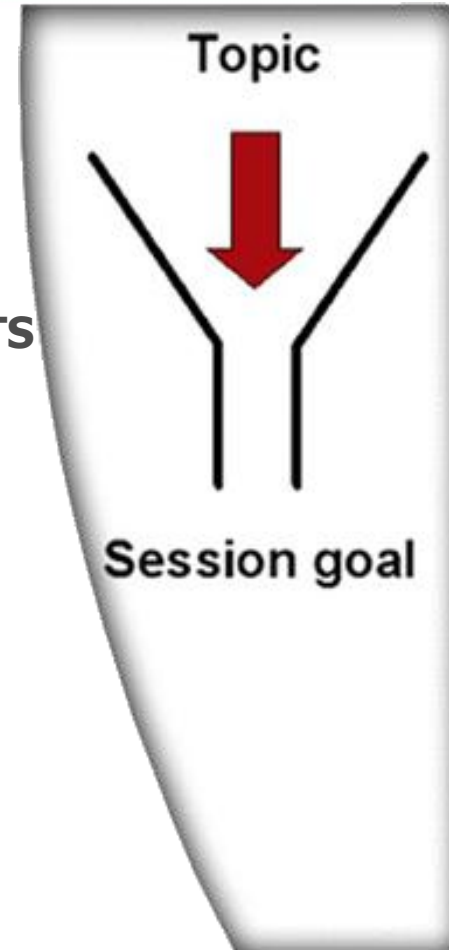
**2. 'END GOAL'
(10/10)**

3. COMPONENT PARTS

**4. FIRST THINGS
FIRST**

**5. 'FIRST JOURNEY
GOAL'***

6. 'SESSION GOAL'



**Client writes this down.*