



Your Goals

Working with a coach usually generates accelerated personal growth. Focus on several specific goals to make progress.

1. What are the 1-3 most important things you'd like to accomplish as we work together over the next 90 days? Please be very specific.

2. What change needs to take place in you so you can accomplish these objectives?

3. What, if anything, is likely to get in the way or prevent you from accomplishing any of these things?

4. What's the most important thing you need from me as we work on these objectives?