

GOAL SETTING: APPROACHES WE INVITE YOU TO TRY OUT

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Goal Setting Recipe aka the "Foodie Approach"

What ingredients are necessary to create a successful, 'yummy' dish, i.e. goal?

List of Ingredients:

- Several Reasons (mix of your why, your values and lessons learned).
- A good dose of Determination (heartfelt spark and motivation).
- Plenty of Dedication.
- A full cup of Compassion & Support.
- Some Flexibility - "If Plan A fails, there are 25 more letters in the alphabet."
- Accountability (coach, friends, family, social media).

List of Ingredients to avoid:

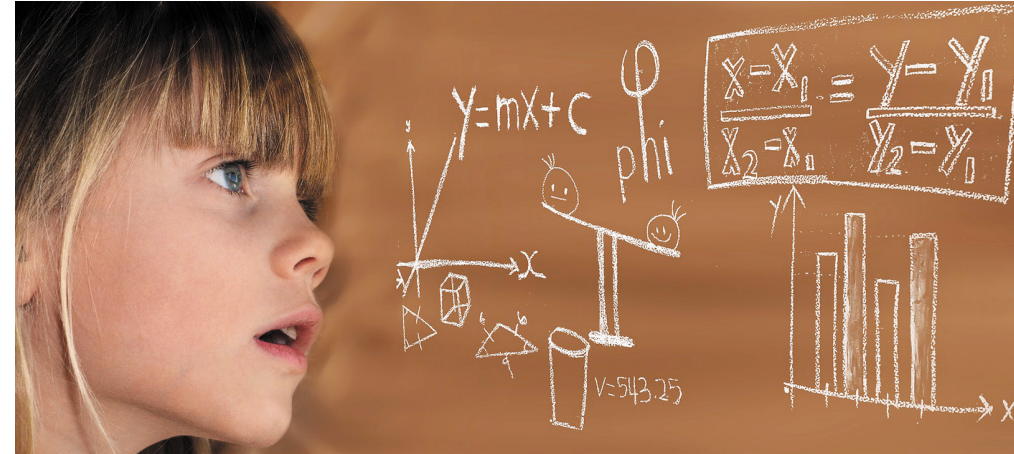
- All or nothing attitude.
- Overachieving vs. underachieving.

Goal Setting "Formula"

What + Why + How + By When + Values + Feedback = Great Goal

Supporting Coaching Questions to help you solve the formula:

- What's a pain point or something that resonates with you deeply?
- What makes it so important?
- No, really! What makes it so important?
- What makes it so important NOW?
- What's at stake if nothing changes? (Hint: If nothing is at stake, you're likely not picking the right goal).
- What values, life/ career ambitions will you be honouring?
- How will you know you've achieved the goal and be accountable?



"SMART" Goal Setting Approach

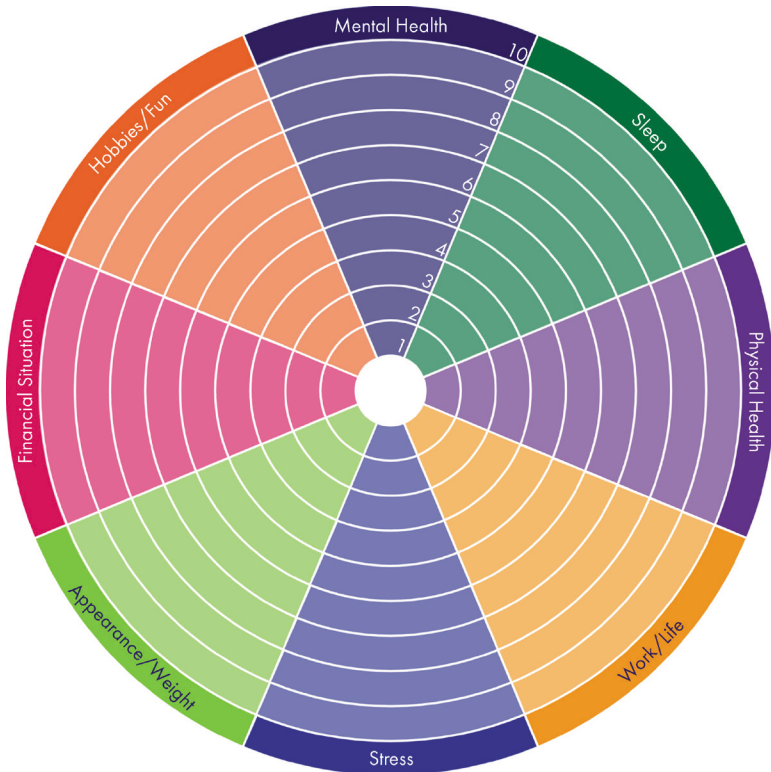
- S** - Specific - Have a tangible outcome.
- M** - Measurable - Include smaller sub-goals.
- A** - Attainable - While the goal should be challenging, it should also be attainable.
- R** - Relevant/ Realistic - Goals need to be relevant for you and realistic to achieve.
- T** - Time-based - Set yourself a deadline.

GOAL SETTING: COACHME WHEEL OF LIFE

These self discovery exercises are powerful tools for different areas in your life. They can be used for your own personal self reflection, but will also make excellent, valuable conversation starters for your coaching sessions.

The Wheel of Life circle is divided into focus areas that represent different aspects in your life. On a scale from 1-10, with 10 being the absolute best, score your current satisfaction in each area and mark this on the wheel. Once you've done this with each area, connect the scores.

Health, Wellness & Work/Life

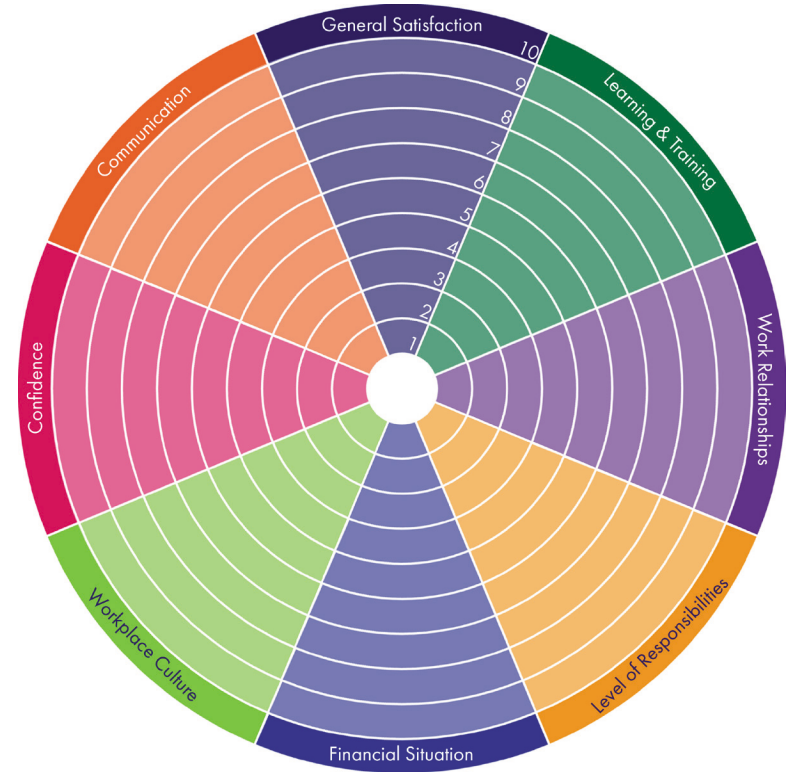


Reflect on your assessment and ask yourself:

- How is this wheel working?
- What would that ride feel like?
- What is important to you?



Job & Career



Scores from 8 to 10: You're highly satisfied for that specific category. Great! Keep it up!

Scores from 5 to 7: You're ok and getting along but it's not great. Now, it's time to find out if you're ok with being ok. What would a better score in a few weeks look like for you?

Scores from 1 to 4: You're really not satisfied in this particular area. What needs to happen for you to be more satisfied and to start thriving?

Your perfect coach will be able to guide you through your self-discovery journey in a much more profound way, and help you design your very own, customized path to a more fulfilling, connected, and thriving future.