coach my*life*

my goals

NAME: _____ DATE: _____

GOAL 1:

Power Statement:

I would have reached my goal when:

The time frame I have set myself to achieving my goal is:

Date to be completed:

The amount of time I will dedicate to achieving my goal every day is:

What inspires me the most about my goal:

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NAME: _____ DATE: _____

GOAL 2:

Power Statement:

I would have reached my goal when:

The time frame I have set myself to achieving my goal is:

Date to be completed:

The amount of time I will dedicate to achieving my goal every day is:

What inspires me the most about my goal:

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NAME: _____ DATE: _____

GOAL 3:

Power Statement:

I would have reached my goal when:

The time frame I have set myself to achieving my goal is:

Date to be completed:

The amount of time I will dedicate to achieving my goal every day is:

What inspires me the most about my goal:

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