

6 GOALS TO REACH IN THE NEXT 90 DAYS

What are the goals you most want to set for yourself for the next 90 days? Please select only those goals that you really want, not the ones you should, could, ought to, or might want. Look deep inside and then write down your goals and discuss these with your coach. When you set the right goals for yourself, you should feel excited, a little nervous, ready and willing to *go for it!*

Don't select the goals you historically have chosen but have never reached, unless you're in a much better position to reach them now.

Personal:

START FINISH

DATE DATE

THE SPECIFIC MEASURABLE GOAL

- | | | |
|-------|-------|----------|
| _____ | _____ | 1. _____ |
| _____ | _____ | 2. _____ |
| _____ | _____ | 3. _____ |

Professional:

START FINISH

DATE DATE

THE SPECIFIC MEASURABLE GOAL

- | | | |
|-------|-------|----------|
| _____ | _____ | 1. _____ |
| _____ | _____ | 2. _____ |
| _____ | _____ | 3. _____ |

Develop a 3-step action plan or strategy for each goal and fine-tune this with your coach.

WHAT ARE THE BENEFITS TO YOU OF ACCOMPLISHING THESE GOALS?

1. _____
2. _____
3. _____