

# Goal Achievement Workbook

*Applying Your Knowledge And Moving Forward*

ASHLEIGH WELCH COACHING



# Pick A Goal

From your list of 25 Wants, pick one as a goal and write it down below

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Put the goal into a measurable sentence. It has to be measurable so you'll know when you've completed it. Pick something that stretches you outside of your comfort zone but also something that you can achieve within the time frame you chose and within the time that's available to you.

By \_\_\_\_\_ (insert date) I will have completed and created \_\_\_\_\_

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I will know when I'm done because of \_\_\_\_\_

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**Now commit.**

Why do you want to achieve this goal?

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How will you feel when you achieve it?

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What will you think about yourself when you achieve it?

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# Strategies

Turn every obstacle into a strategy or a skill you need to develop. Any actions, add to your Do Goals list.

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## The Plan

1. Sort your Do Goals and Strategies into order of importance (not favourite order)
2. Write down the list of tasks that make up each Do Goal
3. **Decide** how long each one will take
4. Put the tasks on your calendar
5. Commit
6. Self-coach everyday and get it done.