

WEST COAST ADVANTAGE COACHING

You're doing big things. You've got big goals.
This sheet will help you keep track of those big things, and on track to accomplish those big goals.



What is your name?

What is your WHY?

Why do you want the things you want out of your life?

Get specific here- answer that question, and keep asking why until you get to the deepest reason- the reason that gives you butterflies in your stomach, or makes the hairs on the back of your neck stand up:

(This answer is the driving force behind everything you do- it is the thing you're going to keep reminding yourself of whenever you stray from the path towards achieving your goals.

What is your GOAL? We're talking generally, here (we'll get more specific later). We're looking for an overarching theme- do you want to feel/be a certain way?

(This will help us hone in on those specific goals that we can work on to achieve this big kahuna goal.)

What are your Top 3 Health-Related Goals?

What are your Top 3 Personal Goals? (Can be Fitness-related, or not)

What are your Top 3 Career Goals?

Now look at all those goals! You are going to do big things. But you're going to do it with small wins. Every. Single. Day. (next page!)

Say what?!

Yup. You read that right- every single day, you are going to work on these goals.

Some days, it might not even seem like you're working on them at all, and other days it might seem like you're climbing Mt. Everest. But guess what- it's not as cold, or as windy here, but you do have a sherpa guiding you in the right direction (that's me- I'm the sherpa in this goal-setting scenario).

Let's look at these goals. Can we group them by skills/habits needed to achieve each of them?

- Do you need to develop consistency to achieve these goals? The answer is (probably) yes.
- Do you need accountability to achieve these goals? The answer there is (probably) yes, too.

Here is where we can start to develop these habits, skills, and mindset necessary to achieve those big, hairy, audacious goals you set for your life. Because those are what make you, you. And the journey towards accomplishing those goals is going to be the most rewarding journey of all!

What kind of person do you need to be to achieve the goals you want to achieve?

(This is where you word vomit all of the descriptions that make up the type of person you would need to be to achieve your goals)

Where are you right now in your life compared to the type of person that achieves your goals?

(This is where you have to take a deep look into yourself to see where you're at in the world, in your life, and in relation to your goals)