



Welcome to the Goal Power Coaching Annual Planner.

So why bother to make a plan? Good question! The simple answer is best summed up by the following quote by Stephen Brennan.....

“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”

In other words, it is impossible to get where you want to go unless you know where it is you are going. Kind of like trying to reach a destination without a road map or GPS.

But Jen, there are so many things I want to do I just don't know where to begin!!

Great, that's a good start! But sometimes when we think about all the things we want to achieve it can be so overwhelming that it all goes in the 'too hard' basket and we decide to just 'see what happens'.....sound familiar?

So here is a two- step process that I have put together to help you 'nut out' what you want to do and how to create some steps towards taking action. The best part is – you can truly let your imagination go wild!! I want you to think really, REALLY BIG! Even if it seems totally impossible or unattainable!

Deal? OK...Lets do this!

STEP 1

You will find on the following page, 8 Columns. Each Column represents key areas of your life. Now this is the fun part, and it make take you a bit of time, but I want you to completely fill in each column with all the things you want to achieve in the coming year. Don't stop, until every line is filled in.

STEP 2

Now go through each column and circle the one thing that you most want to tick off your 'To Do' List!

STEP 3

Move on to page 2 and transfer the circled item to each corresponding line. Easy!

STEP 4

It's time to take ACTION! This is the most important stage. For each category, decide on a single action you can take towards each goal. Now this may seem too easy, but believe me, by doing this, you are setting of a chain of events. One action will lead to another and another and so on.....

Oh and the powerful part of this process, what do you suppose you 'radar' is now set to seeing.....

Yep! That's right! You will now begin to see opportunities to achieve your goals that previously you may have tripped over as you were wandering along the 'see what happens' road!

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Goal Power Coaching Annual Goal Planner 20____

BUSINESS

HEALTH

WEALTH

PERSONAL DEVELOPMENT

FUN

FAMILY

RELATIONSHIPS

HOME





Goal Power

BUSINESS _____

ACTION _____

HEALTH _____

ACTION _____

WEALTH _____

ACTION _____

PERSONAL DEVELOPMENT _____

ACTION _____

FUN _____

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FAMILY _____

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