



Goals & Accountability Coaching Timeline

<p>Session 1 Creating a Vision</p>	<ul style="list-style-type: none"> • Deciding what you want • Having a big enough reason • Creating your vision 	<p>(your session date here)</p>
<p>Session 2 Setting SMART Goals</p>	<ul style="list-style-type: none"> • Setting long-term goals • SMART goals and outcomes • Weekly and daily planning 	<p>(your session date here)</p>
<p>Session 3 Being Accountable</p>	<ul style="list-style-type: none"> • Action tool kit: Tools for creating action • Creating accountability • Productivity: Create your not-to-do-list 	<p>(your session date here)</p>
<p>Session 4 Staying Committed</p>	<ul style="list-style-type: none"> • Monthly check-in • Commitment and over-commitment • Procrastination and the Pain/Pleasure Principle 	<p>(your session date here)</p>
<p>Session 5 Staying Motivation</p>	<ul style="list-style-type: none"> • Stay motivated by eliminating excuses • Uncover your key motivators • Identify what demotivates you 	<p>(your session date here)</p>

Action Items

<input type="checkbox"/>	_____
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Appointments

Reminders





WEEKLY REFLECTION

What did I achieve this week?

What did I learn this week?

What made me happy this week?

What was challenging this week?

Best moment of the week:

Intentions for next week: