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LETS START WITH YOUR GOALS

My goal is to:

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WHY



It can help us understand our **motivations** to go deeper.

For example; if you want a promotion and more money to afford a new house – keep asking yourself WHY do I want this?



Bigger garden?

Impress

Be good

parent?

Only when you really understand what you are trying to achieve do you stand a chance of achieving it. This will help you create your goal state.

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WHY?

Give reasons why you want to achieve this goal

NEXT

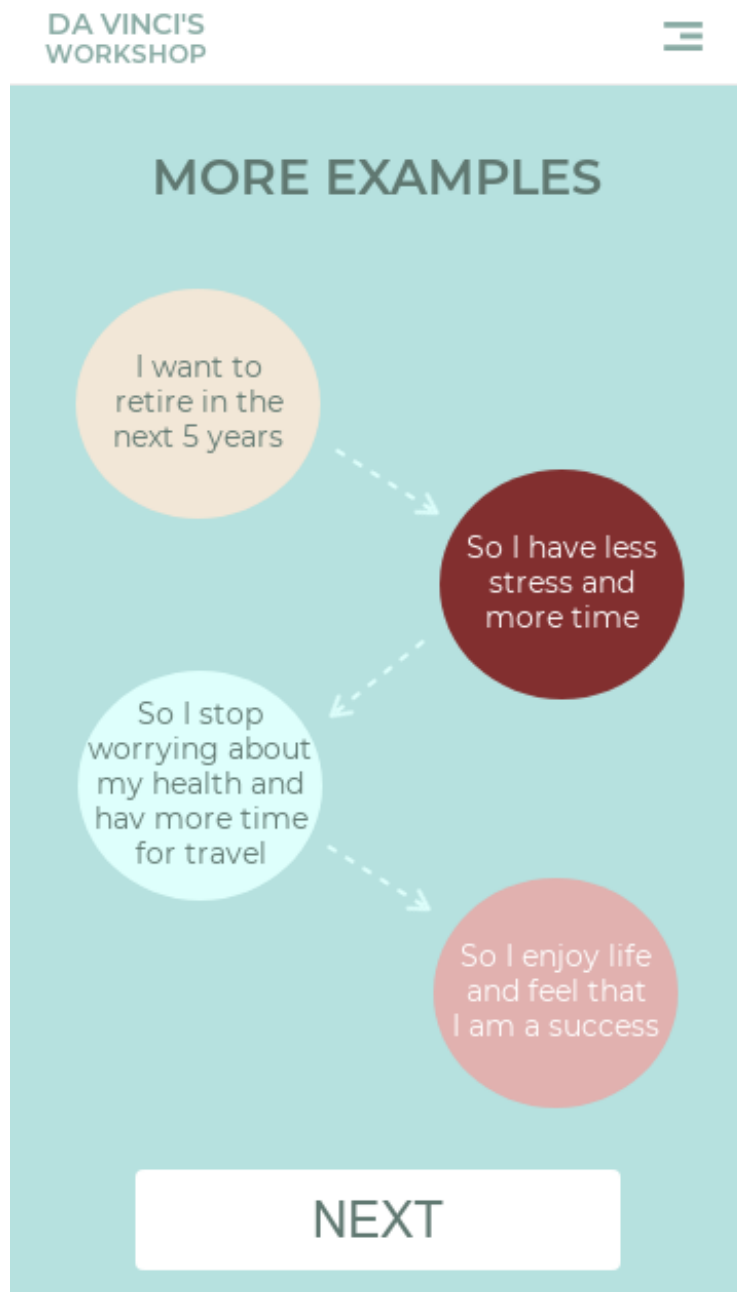
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WHY ARE GOAL STATEMENTS SO IMPORTANT?

Goal statements are important because:
They identify the real goal or motivations -
your WHY. They show other ways of achieving
the deeper goal.

For example in the goal statements on the
previous pages we can see that perhaps
"getting promoted" is not the best way to
achieve the "more money", which enables "a
house", which enables a "new life with my
partner".

Perhaps what we should really be focusing on
here is changing to a more lucrative career,
Moving to a different region or country, or
focusing on our credit rating to enable a
better mortgage offer.

Have a good think about the deepest reasons
for your goal.

Click NEXT to create your own goal.

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MY GOALS IN MORE DETAIL

A:

So that / because :

B:

So that / because :

If you can't identify deeper "why's", you can just click on the "Next" button. However make sure, you have double checked and you really understand why you want to achieve your goal!

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BUILDING A ROADMAP (PLAN)

Our next action is to build a set of steps that will help you achieve your goal. This is called a road map. Or more accurately a “reverse engineered road map”.

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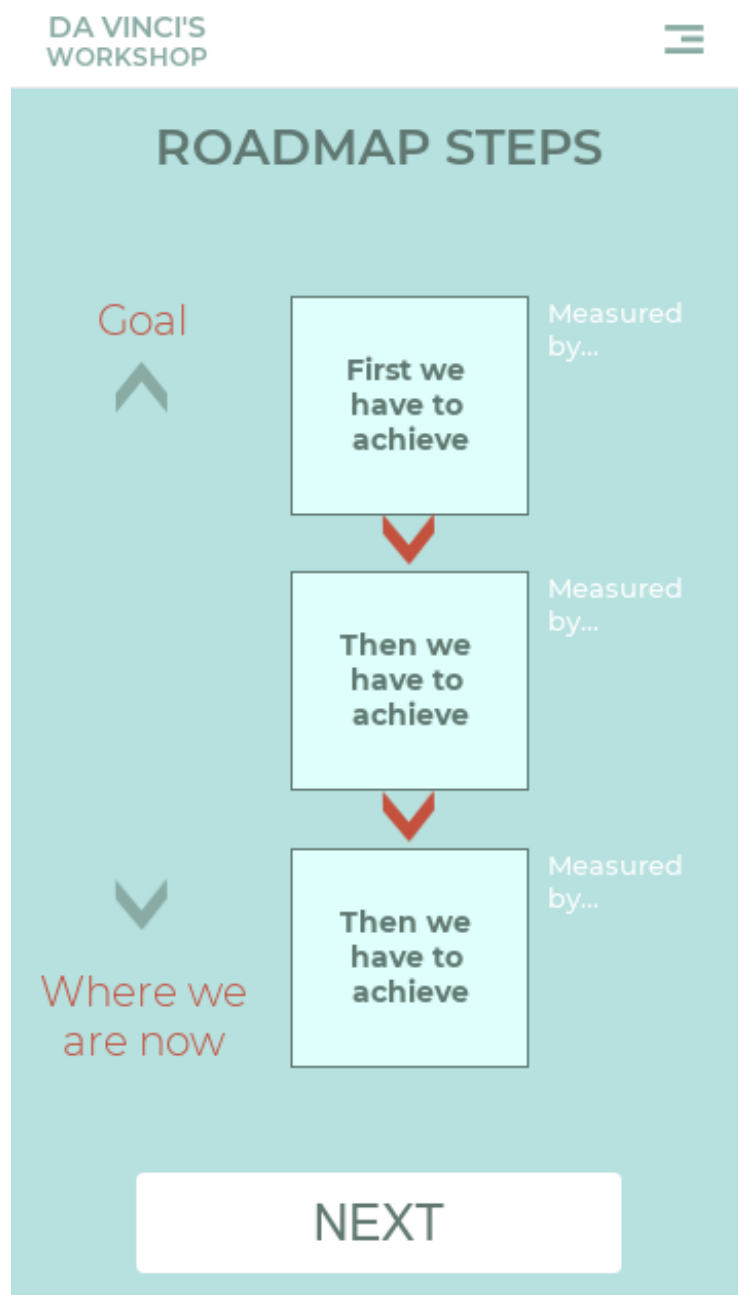
BUILDING A ROADMAP (PLAN)



A good reverse engineered road map starts with your destination or goal. It then works backwards to identify each step that needs to take place in order to achieve the goal. It can also identify milestones and measurables if you need it to. Next you will find two examples of road maps...

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BUILDING A ROADMAP (PLAN)

One of the simplest examples of a road map is planning for something like a marathon run. There are clear stages that lead up to this goal such as running 18 miles, running a half marathon, running regularly, finding the time, getting work and partner on board, doing the first run and maybe even buying shoes...



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ROADMAP




Now it is time to create your own road map for achieving your goal. Don't worry if some of the steps present unique challenges. (we will look at how to overcome those challenges shortly).

Click "NEXT" to begin creating your roadmap

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GOAL:

To do this first I must.....



MY ROADMAP

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ROADMAP CHECKPOINT

Are you sure that
you have covered
all of the steps you
need in your road
map?



Click "**NEXT**" again to
continue to the next stage or
close this text box and add
more steps to your road map.

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IDENTIFYING CHALLENGES

Look at your road map.

Where are you likely to
encounter the biggest
problems or challenges?


Move a 'hazard icon' next to any
step that you are worried
about.



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GOAL:

To do this first I must.....



MY ROADMAP



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OVERCOMING CHALLENGES

In any plan there may be challenges. That is ok.


The key here is to focus on how to **overcome** those challenges instead of *"these are reasons why I should not do this"*.

On the next screen you will see your road map plan again with the  hazard icons next to the steps you indicated may be a challenge.

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GOAL:

To do this first I must.....



MY ROADMAP

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NOW ASK YOURSELF...

- 1) What ... specifically Is the challenge here?
- 2) What can I do or put in place, to make this challenge easier?
- 3) What would be the first step in doing that?
- 4) Is there anyone who can help me?•Is there anyone I know who would find this much easier? If there is – what would they do differently?
- 5) Can I do that? *(the action that someone else would take)* - If not, what would need to change so I could do that
- 6) Am I missing any information here? If so what is it and where can I get it from?

HELP THIS IS A BIT
OVERWHELMING!

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OVERCOMING CHALLENGES

Facing all the challenges at once can be a bit daunting, so try just working one at a time. Then have break and come back to it. Alternatively we recommend going to youtube (if your country internet allows this) and typing in the search criteria "**people are awesome**".

There is an entire channel of videos that feature people doing truly amazing things. Watch one of the videos. Look at just what can be achieved by us mortal human beings and then come back this page.



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YOU HAVE THE POWER

If you need inspiration then try this link which will take you to one example of the many beautiful and inspiring videos of human achievement.



If you can't access sites like **YouTube** then take a break and listen some music that inspires you and makes you feel good or look at a picture that makes you feel calm and 'in a good place', whether it's a mountain, a beach, your favourite car or a loved one (we are all different). Do something to **reset your mental state**. Trust us - it makes a big difference.

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PROGRESS CHECK

Ok so you have a clear goal, an understanding of why you want achieve it, a plan to achieve it and you have identified where the challenges may be.



Now let's sense check this and get you started...

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Thinking about
your plan, rate
how likley it is to
happen

?

very **unlikely**

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

very **likely**

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It looks like you're not feeling that confident. That is OK.

Think about why you have given this the rating you have and ask yourself these questions:

- 1) What ... **specifically** is the challenge here? - Why can't this be rated as an 8, 9 or 10?
- 2) What can you do or put in place, to make this challenge easier?
- 3) What would be the first step in doing that?
- 4) Is there anyone who can help you?

CONTINUE

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It looks like you're not feeling that confident. That is OK.

Think about why you have given this the rating you have and ask yourself these questions:

5) What would the person you are thinking of do differently? Could you also do that?

If not, what would you need to change so that you could do that?

6) Is there anyone you can think of who would find this much easier?

7) Are you missing any information? What else do you need to know?

If so, what is the information you need and where can you go to get it?

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Ok, so there is just one more question to go.

When will you take your first step of (user text from slide 34) ?

(Make sure this is a precise timing point such as "Monday at 9:00am. Answers such as "as soon as possible" will not help you much. The more specific you can get the date and time the more likely you are to actually do this)
Enter your date below:

Time:

Day:

Month:

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Your summary report and reflection...

Congratulations!

You have identified the challenges, how to overcome them and you plan to start your first action on: (date inputted on slide 40)

We hope this simple coaching exercise has helped.

If you are still unsure why not reach out the wider leadership community on this app. We have some great moderators and friendly experts ready to help.

Click here to email a copy of your plan to yourself

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