

# Goal planner

PLAN YOUR GOAL-STRIVING TO ACHIEVE  
GREAT THINGS





## Creating a plan encourages greater goal-attainment.

If you're ready to make some really life-enhancing change, a great place to start is with a simple Goal Planner.

This single-page can help you identify what you want to do, determine your motivation, highlight your resources, and then design an effective strategy to make it happen!



# Goal planner

## MY GOAL

My Goal: \_\_\_\_\_

I will achieve it by: \_\_\_\_\_

I want to pursue and achieve this goal because: \_\_\_\_\_

## MY RESOURCES

What internal resources can I draw on, to help me achieve?

Strengths:

Talents:

Values:

_____	_____	_____
_____	_____	_____
_____	_____	_____

## PEOPLE

Who do I know and how could they help?

Who do I know?

How can they help?

_____	_____
_____	_____
_____	_____

## OBSTACLES

Are there any obstacles that might get in the way?

Possible obstacle:

How to address it:

_____	_____
_____	_____
_____	_____

## MY NEXT STEPS

Step 1: \_\_\_\_\_

Completion date: \_\_\_\_\_

Step 2: \_\_\_\_\_

Completion date: \_\_\_\_\_

Step 3: \_\_\_\_\_

Completion date: \_\_\_\_\_



## Hi, I'm Alex Kingsmill, founder of Upstairs Coaching.

As an evidence-based Life and Career Coach, my focus is on helping you design and build a life and career that is really yours, one that you will love.

If you have questions about coaching, I'd love to help!

You can email me at [alex@upstairs.net.au](mailto:alex@upstairs.net.au) or message @upstairscoaching

Or if you're ready for some positive change you might like to book an evidence-based coaching session, at [upstairs.net.au/shops/](https://upstairs.net.au/shops/)

*Alex*

