



LEARNING OBJECTIVES

Please give some thought to what you want to achieve during our coaching commitment. The clearer you are on this, the more effective will be our time together.

First, list several specific objectives you wish to achieve:

Thought questions to help you:

- 1) What do you want to Avoid?
- 2) What do you want to Maintain?
- 3) What do you want to Add to your life?

- _____
- _____
- _____
- _____

Second, please prioritize these in order of importance.

Third, in a succinct sentence try to express as clearly as possible the specific goal you would like to achieve in your life as a result of our coaching commitment:
