

YOUR COACHING MATTERS



"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth

Goals

Most of us have created goals throughout our lives. Some we have completed and celebrated; some we have had a sense of "so what" about, and others we have totally abandoned. The goals you will identify in Coaching will not conform to what you usually think about goals. Our emphasis is that the goals reflect what has meaning for you, bring you enjoyment, and have real juice for you. Most of what you now consider to be goals are probably tasks or to do's.

What is a goal? *An area or object toward which play is directed in order to score!*

A goal is an expression of one of your Life's Intentions in physical reality.

A goal is a promise that you make to yourself that you really are going to do.

A goal isn't an open-ended process: you complete it, rejoice in it, and then go on to the next goal.

A goal is a yes, not a no. A goal is something positive. Stopping something is not a goal.

Tasks vs. Goals

Tasks: Tasks are unfinished items that bring you relief when they are done. They give you breathing room. Examples include: get rid of credit card debt, arrange a caregiver schedule for Mom, go for my annual check up, fix the roof, and file work documents.

Goals: Goals bring you joy and energy when completed. Goals have excitement and are sustained over a specific time span. Examples include: I take a trip to the Caribbean by December 15th. I obtain my black belt in karate by June 30th. I sing in the chorus performance by March 1st.

Does my goal cause me to feel *Joy* or *Relief*?

Joy = Goal / *Relief* = Tasks

Creating S-M-A-R-T GOALS

S - specific (is the goal clear and precise)

M- measurable (how will I know I accomplished this)

A- attainable (a stretch but not impossible)

R- relevant (to which Life's Intention does this goal relate?)

T- time based (date to be accomplished)

Example: Life's Intention: To be physically fit and healthy.

Goal: I go white water rafting in Colorado by August 1st (fill in the year). To achieve this goal you may need to do the following tasks: lose weight; work out, *but these, in themselves, are not goals.*

In our work together you will establish SMART goals that you really want to play for in your life.

Reflection:

What is an area toward which you want to direct some play and set a goal?

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