

ONLINE BUSINESS BUILDING CHALLENGE

GOALS



Welcome!

When setting goals, we recommend that you set aside about an hour to really work through this form. You should commit to being honest with yourself from beginning to end.

I hope that this is helpful in setting goals, taking action and creating momentum.

Gratefully,

A handwritten signature in black ink that reads "Cathy Sykora". The script is fluid and cursive, with the first letters of each name being capitalized and prominent.

About The Health Coach Group & Cathy Sykora

Health and Wellness needs a different approach. I applied the strong values that founded my business, but in a different way. We discovered that health coaching is a very personal choice. Health coaching demands a very personal marketing approach. So, The Health Coach Group evolved to help coaches find their own clients and to help them impress the pants off those clients once they do.

How do we do that?

We developed a registry that introduces coaches to clients in a more personal way. We give coaches the tools we found necessary in building a more professional business. Tools like branding tips and customization tricks to make them stand out.

Our coaches have access to blogging groups, recipe books, and collaborative specialty programs that teach them how to step forward into the business world. Coaches can also join mastermind groups to help them develop a professional practice.

At THCG we are problem solvers, solution finders, and systems creators. This is what we do best. We are *a//* health coaches too which means we completely understand that coaches want to spend more time coaching and less time fussing.

I look into the future, and I see a different world, a world where people are living better lives. Healthy lives full of energy and teaching their children by example. I see people working together to bring this change to light.

We have such an exciting and magical road ahead. The magic happens when we travel together because only then does our vision and power expand. Together we can travel farther, grow faster, and reach more places than any one single traveler could alone.

Let's work together to change the future of generations to come.



“Values”

Clarify what is important to you by listing your beliefs, principles and purpose.

- ❖ _____.
- ❖ _____.
- ❖ _____.
- ❖ _____.
- ❖ _____.
- ❖ _____.
- ❖ _____.
- ❖ _____.
- ❖ _____.
- ❖ _____.
- ❖ _____.
- ❖ _____.

Knowing our principles and values will always keep us setting goals that we will follow through with because they are important to us. It also keeps us going in the right direction.

“The main thing is to keep the main thing the main thing.”

Stephen Covey

- ❖ Relationships
- ❖ Career
- ❖ Business
- ❖ Education
- ❖ Family
- ❖ Financial
- ❖ Health
- ❖ Contribution
- ❖ Entertainment (FUN)

What
goals do
you want
to
achieve?

Ask yourself important questions

...

- ❖ What do you want?
- ❖ What do you have to share?
- ❖ Are my goals achievable?
- ❖ What will it take for me to achieve the goal?
- ❖ What opportunities do you have?
- ❖ Who can you go to for help?
- ❖ What are you neglecting?

Clarity – You must get clear on where you were and where you are.

Certainty – Once you get clear on where you are, you must become certain that you can attain this goal.

Excitement – After figuring out where you are and that you can achieve anything you set your mind to, you need to decide where you want to be.

Focus – Out of your list of goals, circle the top 3 or 4 you would like to achieve. Which of those goals would inspire you to take action?

Commitment – Take each of your 3 or 4 goals and decide why you **MUST** achieve them. What are some of the things you don't want to do, that you will have to, if you want to achieve them.

Momentum – Resolve to do one small and one large thing immediately to move toward reaching your goals.

Get SMART

Write Your Goals Down

“People with clear, written goals, accomplish far more in a shorter period of time than people without them could ever imagine.”
Brian Tracy

Write Your Goals – Short Term

EXAMPLE: I, Jane Smith, will have 3 new clients by October 31, 2024. I will do this by contacting 15 people a day by email, through Facebook and/or in by approaching in the gym with an elevator speech and an offer to an Energy Clinic. I will reward myself with the trip to the next THCG Conference.

Jane took responsibility, the goal is specific, measurable and time bound- have 3 new clients by 10/31, attainable – she has 60 days with consistent action, relevant (important to her new business).

1. _____

2. _____ 2. _____

3. _____

Write Your Goals – Long Term

EXAMPLE: I, Jane Smith, will have 3 new clients by October 31, 2024. I will do this by contacting 15 people a day by email, through Facebook and/or in by approaching in the gym with an elevator speech and an offer to an Energy Clinic. I will reward myself with the trip to the next Health Coach Mastery Live Event.

Jane took responsibility, the goal is specific, measurable and time bound- have 3 new clients by 10/31, attainable – she has 60 days with consistent action, relevant (important to her new business).

1.

2.

3.

4.

5.

	One Year	5 Years	10 Years	15 Years	20 Years
January					
February					
March					
April					
May					
June					
July					
August					
September					
October					
November					
December					

Develop a Personal Action Plan – Long Term

Develop a Personal Action Plan - Daily

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 a.m.							
7 a.m.							
9 a.m.							
11 a.m.							
12 p.m.							
2 p.m.							
4 p.m.							
6 p.m.							
8 p.m.							

Find Your Group

“There is no union except in the same high effort.”
Antoine de Saint-Exupery



So, the question to ask is who am I surrounding myself with?
People who **encourage growth and compliment your efforts**...or people who are suppressing possibility?

We don't always get to pick who our coworkers are, our family or our neighbors.

You do choose those in your group...are you choosing to be with the people who say, “I can't”...or someone who says, “I will find out how”? Are you with people who make you crazy...or someone who encourages growth?

Make a list of the people you would like to surround yourself with. If you don't know...take a week ...look for them and come back to make your list.

When you are with your “people” you will know the “big secret”, that is that we are here for other people. Your contribution is valuable to others.

- Accountability
- Support
- Contribution
- Shared resources
- New perspectives
- Break monotony and isolation of doing it alone

Check in daily to be sure your actions align with your purpose. You can then update your goals as you go. Things change over time and so should your goals.

Celebrate your progress and success with your tribe and on your own. Set rewards for yourself and ALWAYS follow through with them, otherwise they lose their value.

Be sure to be ready to set new goals once you have attained your old goals.

Rely on Yourself and Your Group