Empower.

COACHING NETWORK

Empowered Leadership

Goal-Setting Worksheet

Helping You Win - Personally and Professionally

www.empowercoachingnetwork.co.uk

How to Use This Worksheet

This worksheet is designed to help you take charge of your leadership journey with intention and clarity.

Whether you're aiming for a promotion, building your confidence as a team leader, or simply exploring your potential, this tool will guide you through setting a meaningful goal and creating a clear action plan.

What's inside:

- Reflective prompts to define what leadership means to you

- Space to set a SMART goal aligned with your growth

- Guidance to identify key focus areas

- Tools to anticipate and overcome challenges

- Accountability planning to help you stay on track

Use this worksheet as your starting point. Revisit it monthly to track progress, refine your goals, and continue evolving as the empowered leader you are becoming.

You've got this - and you're not doing it alone. If you need further support, coaching sessions and workshops are available at www.empowercoachingnetwork.co.uk.

1. Define Your Leadership Vision

What does being an empowered leader mean to me?

Where do I see myself in 6-12 months as a leader?

2. Identify Your Focus Area

Tick the area(s) you want to focus on:

[ ] Confidence in decision-making

[ ] Public speaking / communication

[ ] Leading a team

[ ] Navigating difficult conversations

[ ] Visibility and influence at work

[ ] Setting boundaries and avoiding burnout

[ ] Career progression and clarity

[ ] Other: _____

3. Set Your Goal (SMART format)

E.g. 'I will lead one team meeting by the end of next month to grow confidence in my communication.'

4. Action Steps

1.

2.

3.

5. Anticipate Challenges

What could hold you back - and how will you overcome it?

6. Support & Accountability

Who or what can support you in reaching your goal?

Deadline to review your progress: _____

Remember: Leadership is not a title - it's how you show up. Start small. Stay consistent. Be kind to yourself.

You are already leading.