

Life Coaching Workbook



A workbook designed for you to manage
your life easier and happier

Coaching Goals

Date: / /

This section will make it easier for you to identify the core problem and chart a way forward. Write down the goal you'd want to achieve and write why is it important for you. Write the measurable outcome would mean you've succeeded or that you're on the right path?

Goal 1 :	Why it's important :
	Measurable Outcome :
Goal 2 :	Why it's important :
	Measurable Outcome :
Goal 3 :	Why it's important :
	Measurable Outcome :

Achieving Goals

Date: / /

My goals that I want to achieve?

Why do I want to achieve this?

What habits do I need (things I have to do regularly) to achieve this goal?

What habits might slow me down in achieving my goals?

Escaping Comfort Zone

Date: / /

Why do you avoid going out of your comfort zone? What are your biggest fears about the things that are out of your comfort zone?

How can you reframe/overcome the fears and obstacles you outlines in the previous question?

What new things can you try to solve your problems/achieve your goals?

What kind of things will you be missing out on if you only stay in your comfort and fear zone? How will your life look like in 1/3/10 years' time?

How will your life look like in 1/3/10 years' time when you decide to venture out in the learning and growth zone?

Smart Goal Plans

Date: / /

S

What do you want to achieve?

M

How do you know that you have achieved your goal or that you are on the right path?

A

What steps do you have to take to accomplish the goal?

R

Why is this goal important to you? How does this impact others?

T

When will you accomplish the goal? What's the timeline?