

The Playsheet Coaching Tool

Section 1: Your Best Self

The following questions will help you identify your best internal environment to achieve your goal.

1. What are 3 of your highest values?
2. What makes you feel happy and content?
3. What do other people say are your best qualities?
4. What keeps you motivated and inspired?
5. What are some activities where you experience flow where time flies by and you don't even notice because you're immersed in this activity?

Note: Feel free to write with as much detail as you want

Section 2: Goals & Life Categories

Below are 5 main areas of life.

What is 1 key goal you want to achieve in each area?

Make sure each goal creates feelings of excitement, enthusiasm and inspiration when you think about achieving them. These goals should also be SMART goals – specific, meaningful, achievable, relevant, and time-based.

Example of a SMART goal:

"I want to be an online confidence coach (specific) who runs a business that replaces my current 9-to-5 income (measurable). I will connect and engage with potential clients through online channels (achievable) and serve them powerfully to enroll and impact more people (relevant to values) within the next 12 months (time-based)."



Section 3: Designing a Roadmap

The following questions will help you identify actionable steps and pathways to achieve your goals in a way that's aligned with your values.

1. What are 3 major resources that you already have to help you achieve your goal?
(eg: if your goal is to get fit, a gym membership is a helpful resource)
 2. What are 3 major resources you'd like to acquire to help you achieve your goal?
(eg: if your goal is to start a business, you might need support around funding and finance)
 3. What are 3 ideas you can use to get the resources you identified in question #2?
 4. How can you work with your best character traits and strengths to make this goal happen?
 5. How can you integrate some of your favorite activities to make this journey enjoyable, inspirational and fun?
(eg: if you love to write and you're starting an online business, you could learn
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Section 4: Support + Accountability

If you try going for a goal all by yourself, you're essentially setting yourself up for failure. Here's where you get to reflect on who's on your side, cheering you on as you push forward.

1. Who are some of the most supportive positive influences in your life?
 2. Who can help you stay accountable as you journey toward your goal?
(note: include mentors, coaches, friends and family members)
 3. Identify 3 people you know or people you want to get to know, who can help you achieve your goal.
 4. Who are some experts you can turn to, for additional wisdom and advice?
(note: you don't have to know these experts on a personal level. You can get expert advice from books and courses)
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Part 5: Achievement & Celebration

1. Identify how you'll know when you've achieved your goal?
(note: this is easy if your goal is SMART – you can look at the "specific" and "measurable" segments of your goal for the answer)
2. How will you celebrate your achievement?