

Expanding Potentials Coaching

My Top 3 Goals:

Benefit of the Goals

Benefit of Benefit or the
"sense of something"

Ways to Have the Benefit Now: (5 min.)

Playing the Goal Forward: For the Month of: January 2009

| | |
|-------------------------------------|-------------------|
| The Goal: | The Higher Value: |
| How will I accomplish it? | |
| When will I accomplish this? | |
| What needs do I have in doing this? | |
| What I will need to overcome? | |

Target Date:

Date Accomplished

| | |
|-------------------------------------|-------------------|
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