

G Stands for Goal

Where do you want to be?

Describe in detail what your ideal end point looks like.

List some specifics about variations of that end point.

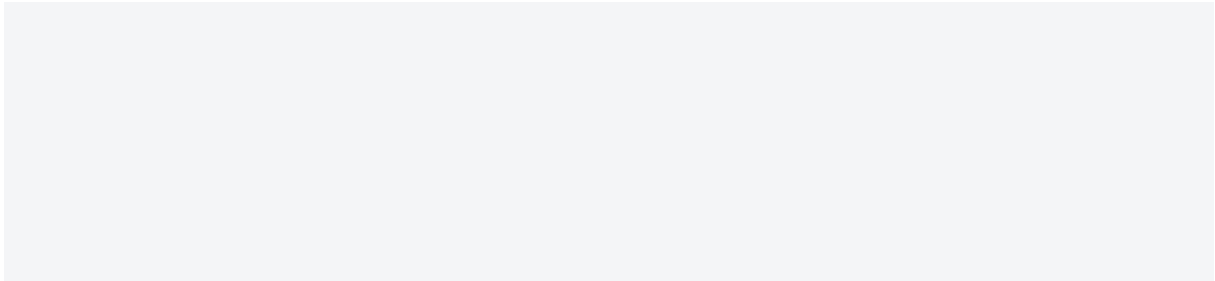
On a scale of 1 to 10 (10 being the best), how hopeful that you can reach that end point?

What are sub goals that accompany the big goal?

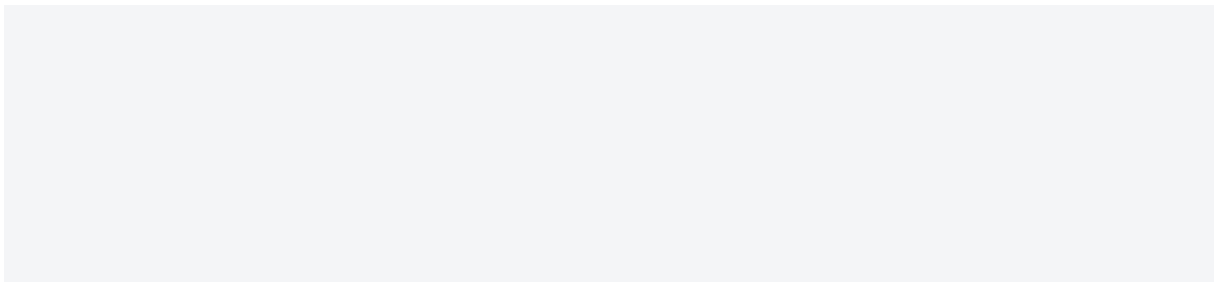
What bigger goals will achieving this goal lead to?

R Stands For REALITY

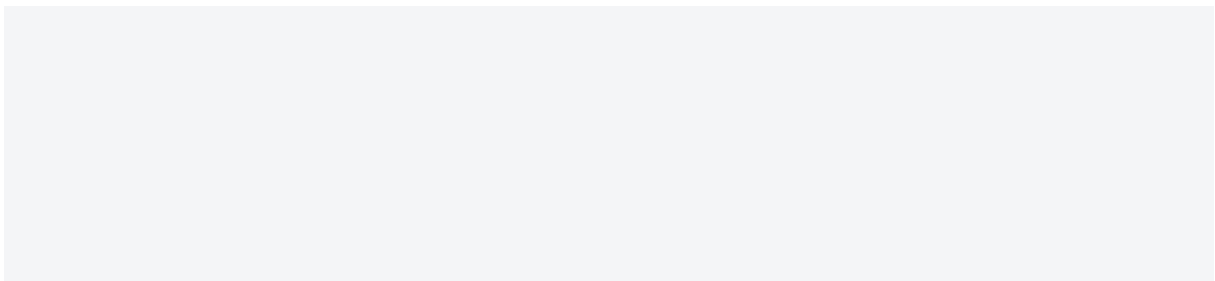
Where are you right now with this goal?



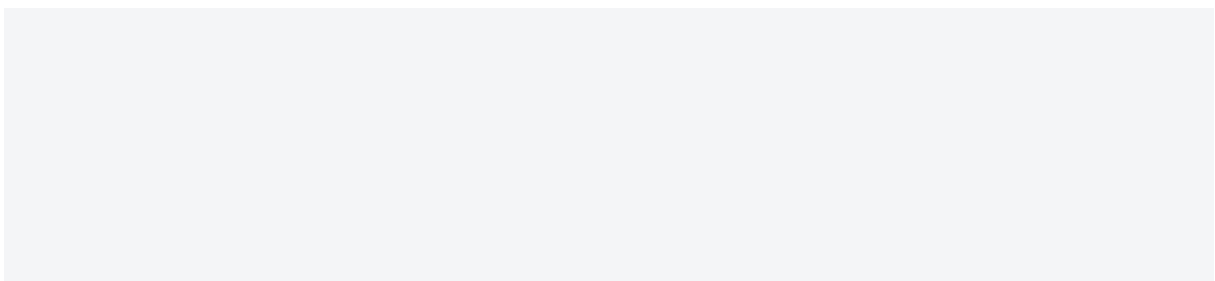
What strengths can you use to achieve your goal?



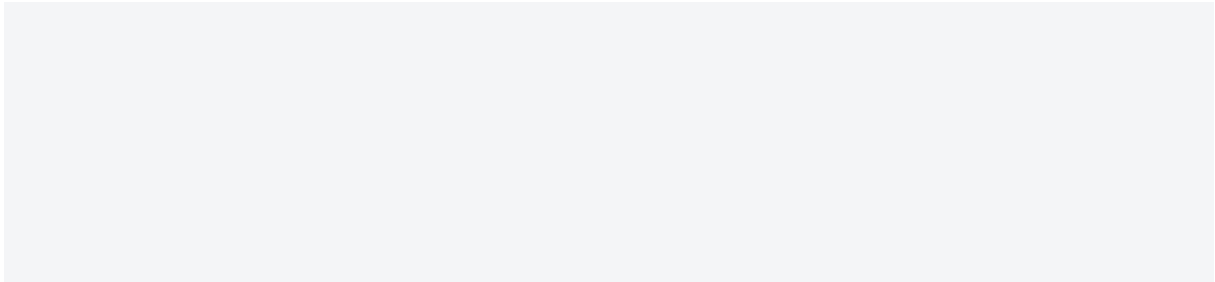
What assumptions do you have about reaching your potential?



What obstacles are you currently facing?



What strengths are available to help you take steps toward your goal?



O Stands for Options

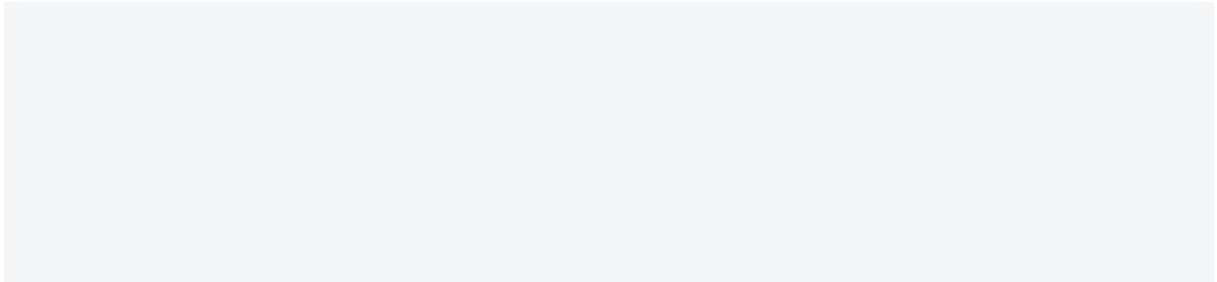
What are some of the options to reaching your goal?

Which choice energizes you the most?

What will you do in the next 24 hours?

If money was not an obstacle, what would you do?

How do you want to progress?



W Stands For WAY FORWARD

What is your first step forward?

What are sub-steps that need to be taken?

When will you know you've reached your goal?

How will you be held accountable?

Who needs to be included in your process?

How will you celebrate your wins?