

MODULE 2. COACHING TOOLS



WORKSHEET 3.



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LADDER OF GOALS

Below you will find a simple worksheet that will help you set your goals and plan the steps to achieve them. Work through each step, one at a time, writing down your goals and actions.

Main Objective (at the top of the ladder)

Write what your main goal is.

Sub-goal 1. (rungs of the ladder)

- What will the first step to achieving the main goal be?
- When are you going to achieve it?



Sub-goal 2.

- What will the second step be?
- When are you going to achieve it?

Sub-goal 3.

- What will the third step be?
- When are you going to achieve it?

Goals are the first step to taking action. Now review them and plan your action!

