

BREAKING DOWN PREVIOUS GOALS



THE COACHING MASTERS

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PURPOSE OF THE TOOL: At times when the client somehow gets discouraged in relation to the goal, this is a tool capable of reanimating him to move forward and rescue motivation.

1. What goal have you achieved in the past that you are very proud of?
2. What resources helped you achieve this goal?
3. What lessons did you learn from this situation?
4. How could you use these resources and learnings to reach your current goal?
5. **ACTION PLAN:** What exactly are you supposed to do?