

# *My Life Coaching Workbook*



A workbook designed for you to manage  
your life easier and happier

# Coaching Goals



Date: / /

This section will make it easier for you to identify the core problem and chart a way forward. Write down the goal you'd want to achieve and write why is it important for you. Write the measurable outcome would mean you've succeeded or that you're on the right path?

Goal 1 :

Why it's important :

Measurable Outcome :

Goal 2 :

Why it's important :

Measurable Outcome :

Goal 3 :

Why it's important :

Measurable Outcome :

# Achieving Goals



Date:    /    /

My goals that I want to achieve?

Why do I want to achieve this?

What habits do I need (things I have to do regularly) to achieve this goal?

What habits might slow me down in achieving my goals?

# Escaping Comfort Zone



Date: / /

Why do I avoid going out of my comfort zone? What are my biggest fears about the things that are out of my comfort zone?

How can I reframe/overcome the fears and obstacles I outline in the previous question?

What new things can I try to solve my problems/achieve my goals?

What kind of things will I be missing out on if I only stay in my comfort & fear zone? How will my life look like in 3 years' time?

How will my life look like in 10 years' time when I decide to venture out in the learning and growth zone?

# Smart Goal Plans



Date: / /

S

What do I want to achieve?

M

How do I know that I have achieved my goal or that I am on the right path?

A

What steps do I have to take to accomplish the goal?

R

What is this goal important to me? How does this impacts others?

T

When will I accomplish the goal? What's the timeline?