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Goal Setting:

You are a person who can accomplish whatever you set your mind to. You will demonstrate a commitment to your goals. Your commitment to your goals is commendable.

What kinds of changes do you want to make? How would you like things to be different for you?
What things in your life and training would you like to be different?

Desire statement - I want. I wish

Ability statement - I am good at...

Reason - What are the advantages/disadvantages of staying the same?

Need - I have to do this because

Commitment - what do you need to tell yourself to make this happen

Activation - I am prepared to, ready to

Taking Steps - actually doing things to change

Short Term:

Long Term:

Dream Goal:

WHY

Before we can identify targets you must fully understand WHY you do what you do.

HOW

Now we need to understand HOW you are going to do it

**Specific**

- What exactly needs to be accomplished
- Who else will be involved
- Where will this take place
- Why do I want to accomplish this goal

Measurable

- How will I know I've succeeded
- How much change needs to occur to make this goal happen
- How many accomplishments or actions will it take

Attainable

- Do I have the resources needed to achieve this goal
- Is the goal a reasonable stretch for me
- Are the actions I plan to take likely to bring success

Relevant

- Is this a worthwhile goal for me right now
- Is it meaningful to me---or just something others think I should do
- Am I willing to commit to achieving this goal

Time-bound

- What is the deadline for this goal (example a race date)
- When do I need to take action
- What can I do today