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 **Zenith**
Life Coaching & Counselling

Life Coaching

#1



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Courage Leads to Success

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ZENITH LIFE COACHING & COUNSELLING SERVICES



Hi and Welcome to the Zenith- Life Coaching "Mini Course"

On life changing activities that are designed to empower and motivate you! The "Mini Course" is made up of 7 lessons that are aimed for you to look at different areas of your life and take action for a successful outcome with a new lesson every month.

We all have different definition of what "success" means ,for some it could be a healthy life style, for other to have lots of money in the bank, have an expensive car or have a great loving relationship.

What is important -is how we go about achieving our success; we can do this via "Life Goals".

This Mini Course is about setting "Goals" and the key areas that are important in setting up successful goals. Without goals you will not have focus and direction.



Think of this scenario: You are in a boat (your Life) with no motor or rudder (Focus and Direction) where will you end up?

Goal setting allows you to take control of your life's direction. Saying "I want set Goals is one thing" but making it happens is something else, it takes "energy"

and "dedication", as well as a step by step process, think of it as a Map, that you plot from point A to point B.

In Coaching we like to think of Goals as being "SMART - Goals", that is •Specific, •Measurable. •Attainable. •Relevant. And •Time.



SMART

Specific Goals-Your goal must be clear to You, generalized goals are unhelpful because they don't provide sufficient direction or the energy to move towards your goal!

Measurable Goals-Include precise amounts, dates, and so on in your goals so you can measure where you are up to in your Success Map!

Attainable Goals-Make sure that the Goal is attainable –realistic to your current situation.

Relevant Goals-Goals should be relevant to the direction you want your life and career to take.

Time Goals-You goals must have a closing date. Again, this means that you know when you can celebrate success.

The Power of Writing Your Goals.

The physical act of writing down a goal makes it real and tangible



Finally two more important steps [Review Your Goals](#) and [Enjoy the Journey!](#)

Now that you have a SMART goal, post it in a prominent place so that it remains clear in Your minds .

Then review your progress on a periodic basis



Goal Setting Worksheet



Short Term Goal:



Medium Term Goal:



Long Term Goal:

2015

Goal Setting Worksheet

MY TOP PRIORITY FOR 2014 IS

I WILL ACHIEVE THIS GOAL BY

SPECIFIC STEPS TOWARDS MY GOAL

1. _____

2. _____

3. _____