



Coaching by Kirsty: lighting you up

KICK STARTING YOUR GOAL

The big, scary yet bloody exciting thing I want to achieve:

I know that life can surprise me and that I am always evolving, so I reserve the right to move my own goal posts - but right now this is my intention and it feels GOOD!

How achieving this will impact my life and make me feel:

One action I will take to move towards this:

My timeframe for this:

I am % committed to taking this action.

If this is less than 80%, I recognise that the action is probably too big a leap from my comfort zone and I'm unlikely to do it. So I will change the action until I feel AT LEAST 80% committed to it: small steps are way better than no steps!



Woohoo! Action completed on:

How I feel: