*Coaching for Performance*
Goal Setting Template

From inspiration to action.

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|  | **Desire, inspiration** | **Intention, commitment** |
| **DREAM GOAL*Purpose and meaning***Desired future or visionThe big Why? |

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| **“What’s the bigger picture?”** |
| Blah blah | Blah blah |

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| **END GOAL*A clear target***Concrete manifestationof dreamThe big What? |

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| **“What are you aiming to achieve?”** |
| Blah blah | Blah blah |

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| **PERFORMANCE GOALS*Tangible milestones***Serve the dream and end goals99% in your control |

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| **“What will you deliver?”** |
| Blah blah | Blah blah |

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| **PROCESS GOALS*SMART steps***The work needed to reach the performance goalsServe ALL the above goals100% in your control |

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| **“What actions will you take?”** |
| * Action 1
* Action 2
* Action 3
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