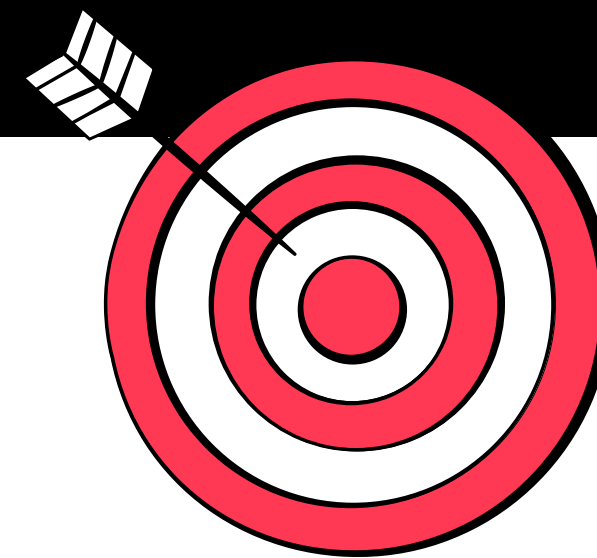




MASTER PLANNING

YOUR GOALS

[@COACHMARKGRAY](#)



THANK YOU

THE PROBLEM

I WANT TO:

- Appreciate you and your efforts!
- Help you get clear and connect to your goals going into 2024!
- Have a vision of the person we want to become.
- Set clear milestones and celebration points for your goals.
- Build the best conditions to thrive in 2024.





WHERE WERE YOU?



WHERE ARE YOU AT NOW?



WHERE ARE YOU GOING?

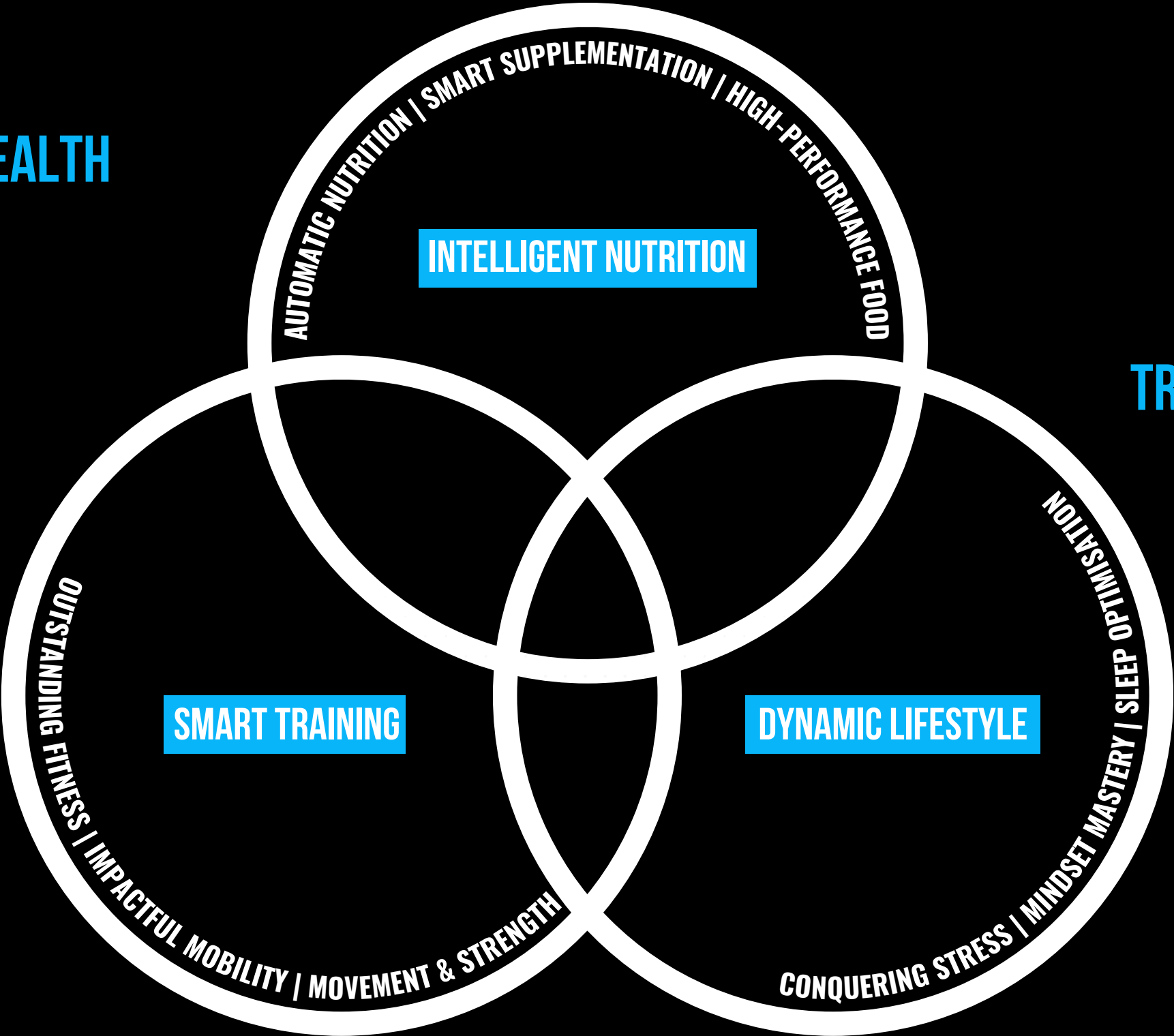
**FOR ME, THIS YEAR
HAS BEEN...**

**MY COMMITMENT
TO YOU!**

***“BUILD A BODY YOU
CAN CALL AN ASSET”***



EXCELLENT HEALTH



TREMENDOUS ENERGY



POWERFUL PHYSIQUE



THE PROBLEM

MOST PEOPLE...

- Set goals but not many stay focused on them and see them through...
- Aren't clear on the actions that are needed to achieve their goals
- Don't think willpower, rather think systems and environment
- Are reactive rather than proactive when it comes to working through challenges
- Don't know how or try to build a support system around them to allow them to thrive



**HOW ARE YOU FEELING? NOW THAT YOU'VE
RECOGNISED ALL THE PROGRESS YOU'VE HAD?
DO YOU NOW SEE THE SHEER IMPACT
RECOGNISING YOUR PROGRESS CAN HAVE?**

PRINCIPLE 1

GAINING CLARITY ON YOUR GOALS

**WHAT ARE
YOUR GOALS?**





**HOW WOULD IT FEEL
WHEN YOU ACHIEVE
THOSE?**

30 DAY MILESTONES



90 DAY MILESTONES



365 DAY MILESTONES



PRINCIPLE 2

THE IDENTITY CHANGE TO ACHIEVE YOUR GOALS

**WHAT PERSON
DO YOU NEED TO
BECOME TO
ACHIEVE THOSE
GOALS?**





**WHAT WERE YOUR
CHALLENGES THIS
YEAR?**

**HOW WOULD
THAT PERSON
RESPOND TO
THOSE
CHALLENGES?**





**WHAT'S DIFFERENT
ABOUT THIS PERSON'S
DAILY ACTIONS
COMPARED TO YOURS?**

**WHAT WOULD
PEOPLE SAY
ABOUT THIS
FUTURE YOU?**



PRINCIPLE 3

BEHAVIOURAL CHANGE



**WHAT DO YOU NEED TO
START DOING?**



**WHAT DO YOU NEED TO
STOP DOING?**

A background image showing several hands giving thumbs up, suggesting a positive or successful outcome. The image is slightly blurred and has a dark overlay.

**WHAT DO YOU NEED TO
CONTINUE TO DO?**

COACHING SUCCESS



A woman with dark, curly hair is smiling and looking towards the camera. She is wearing a green, ribbed, zip-up top. She is holding a clear glass of water in her right hand. The background is a solid, light gray color. The text "THE ONE IMPROVEMENT AREA" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

THE ONE IMPROVEMENT AREA

PRINCIPLE 4

SYSTEMS AND ENVIRONMENT CHANGE

**WHAT SYSTEMS
WOULD THAT
PERSON HAVE
IN PLACE?**





**WHO SUPPORTS
YOU IN YOUR
VISION?**

**WHO DOESN'T
CURRENTLY
SUPPORT YOU?**





**WHAT PART OF YOUR
ENVIRONMENT DOESN'T
CURRENTLY SUPPORT
YOUR EFFORTS?**

**WHAT
ENVIRONMENT DO
YOU NEED TO
DESIGN TO SUPPORT
YOUR EFFORTS?**



PRINCIPLE 5

THE MEANING BEHIND YOUR GOALS

**WHY DO YOU
WANT YOUR
GOALS?**



**WHAT WOULD BE
DIFFERENT?**





**HOW WOULD THAT
ADD TO YOUR LIFE?**

WHO ELSE BENEFITS AND HOW DO THEY BENEFIT?






**WHAT INSPIRED
YOU TO START
YOUR JOURNEY?**

IN SUMMARY:

- Where were you before, where are you now, where are you going?
- Define your goals. Get very clear on targets and timelines.
- Who is the person that you need to become to achieve these goals?
- The actions needed to build that version of you.
- Remembering your why.



ALL WE
HAVE
IS NOW



**WHAT WAS YOUR
BIGGEST TAKEAWAY?**

Q&A

ASK ME ANYTHING!

