



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

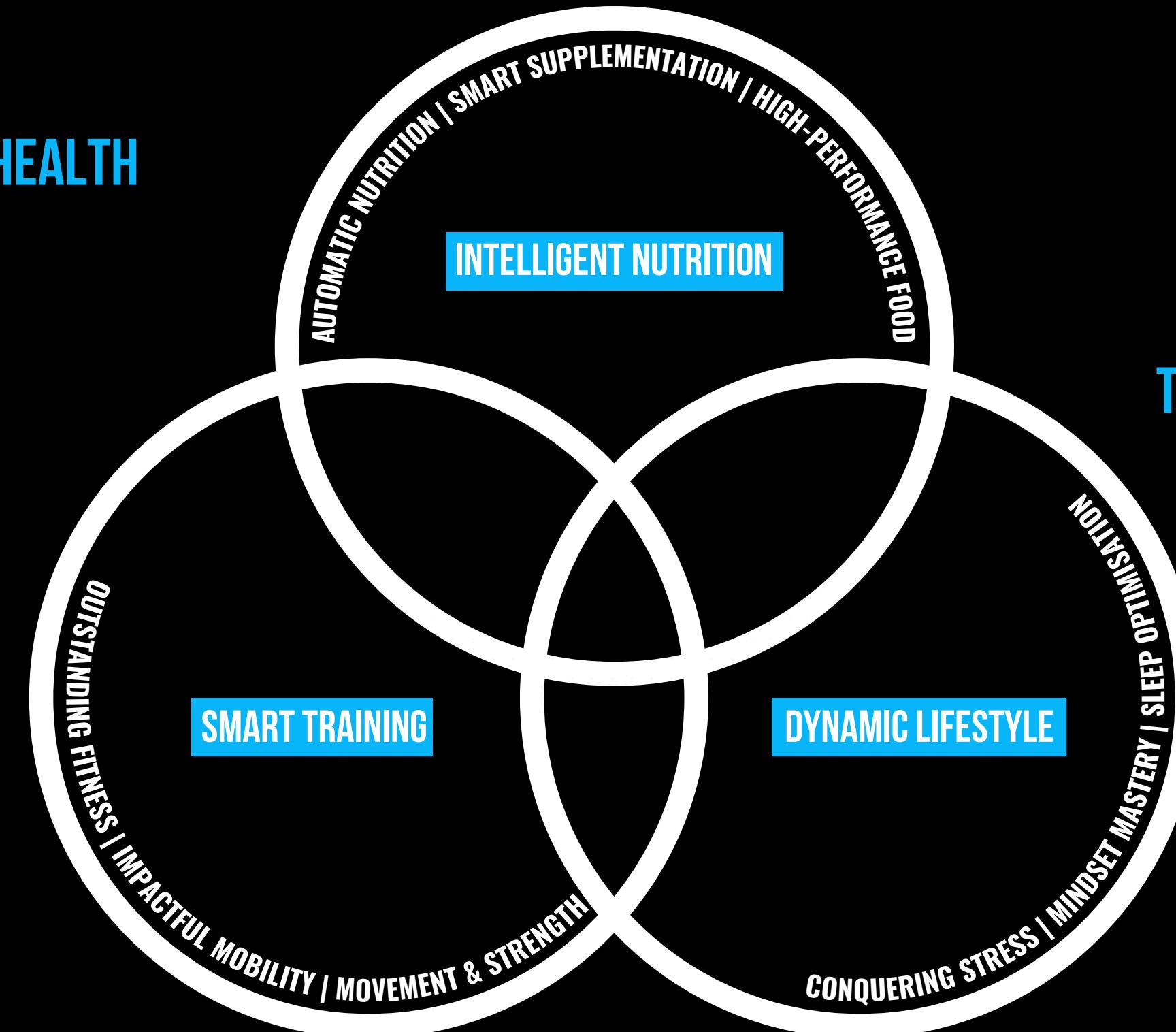


INTELLIGENT NUTRITION

SMART TRAINING

DYNAMIC LIFESTYLE

POWERFUL PHYSIQUE



TREMENDOUS ENERGY



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?**





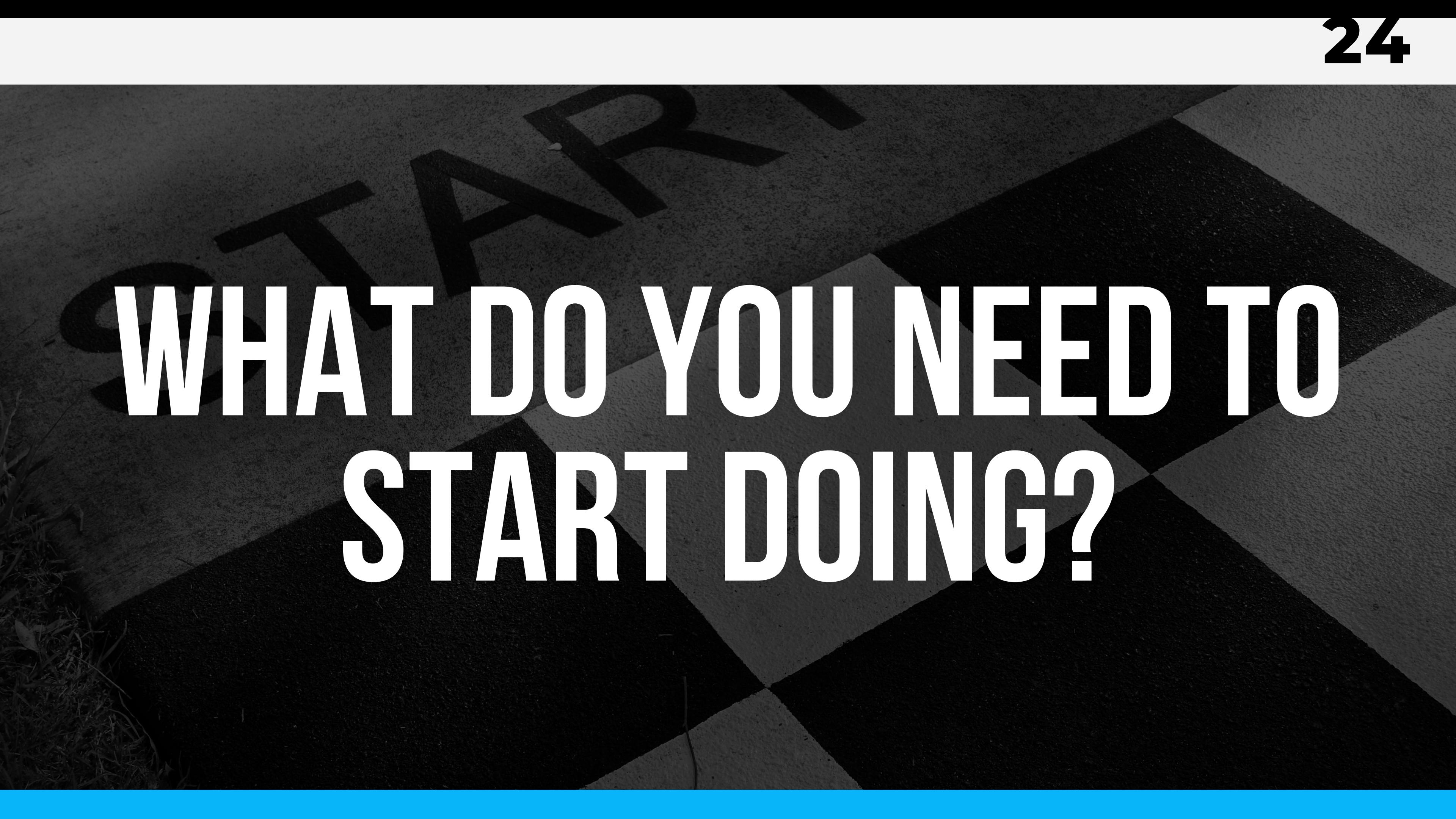
**WHAT'S DIFFERENT
ABOUT THIS PERSON'S
DAILY ACTIONS
COMPARED TO YOURS?**

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

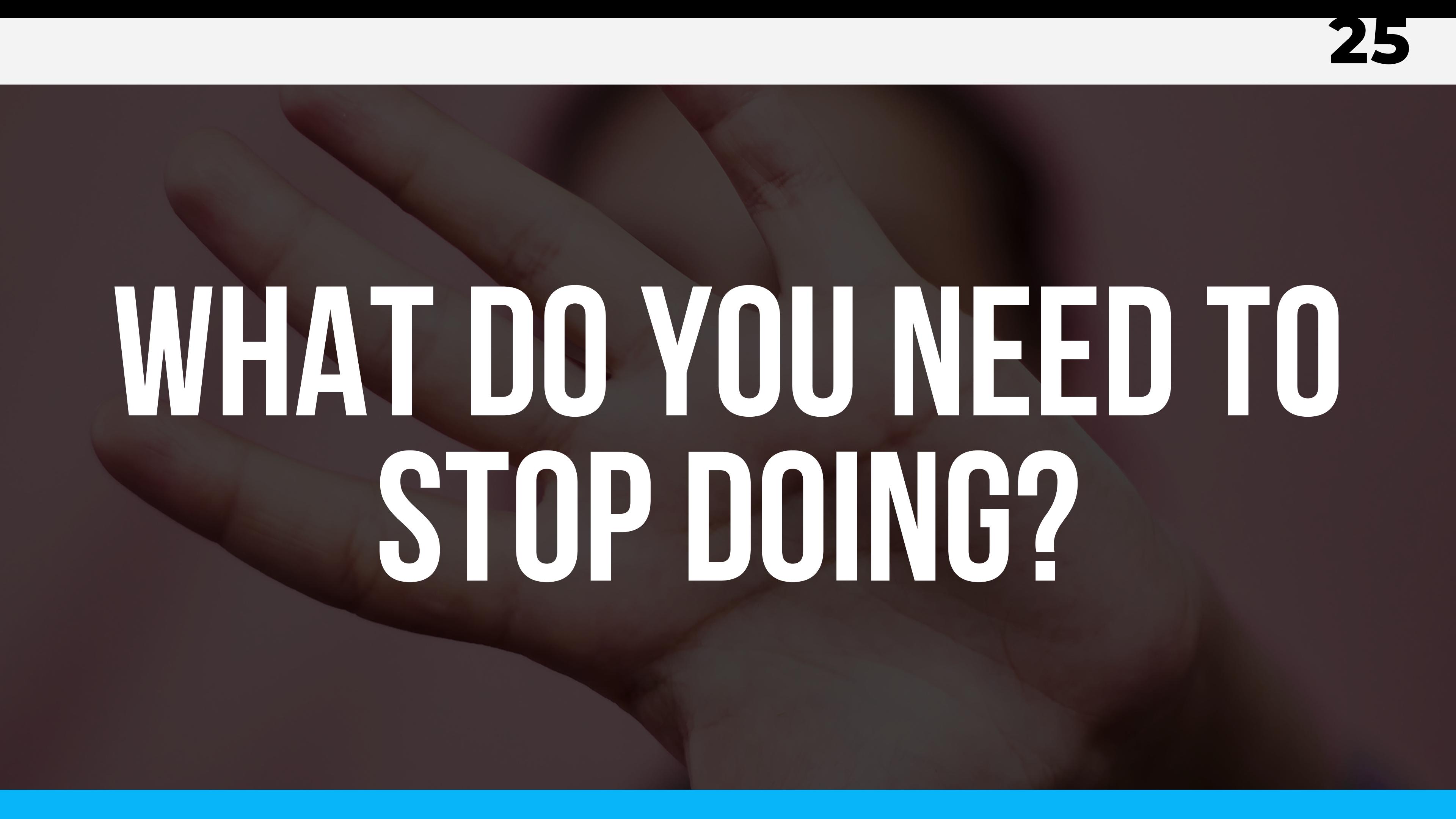


PRINCIPLE 3

BEHAVIOURAL CHANGE



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



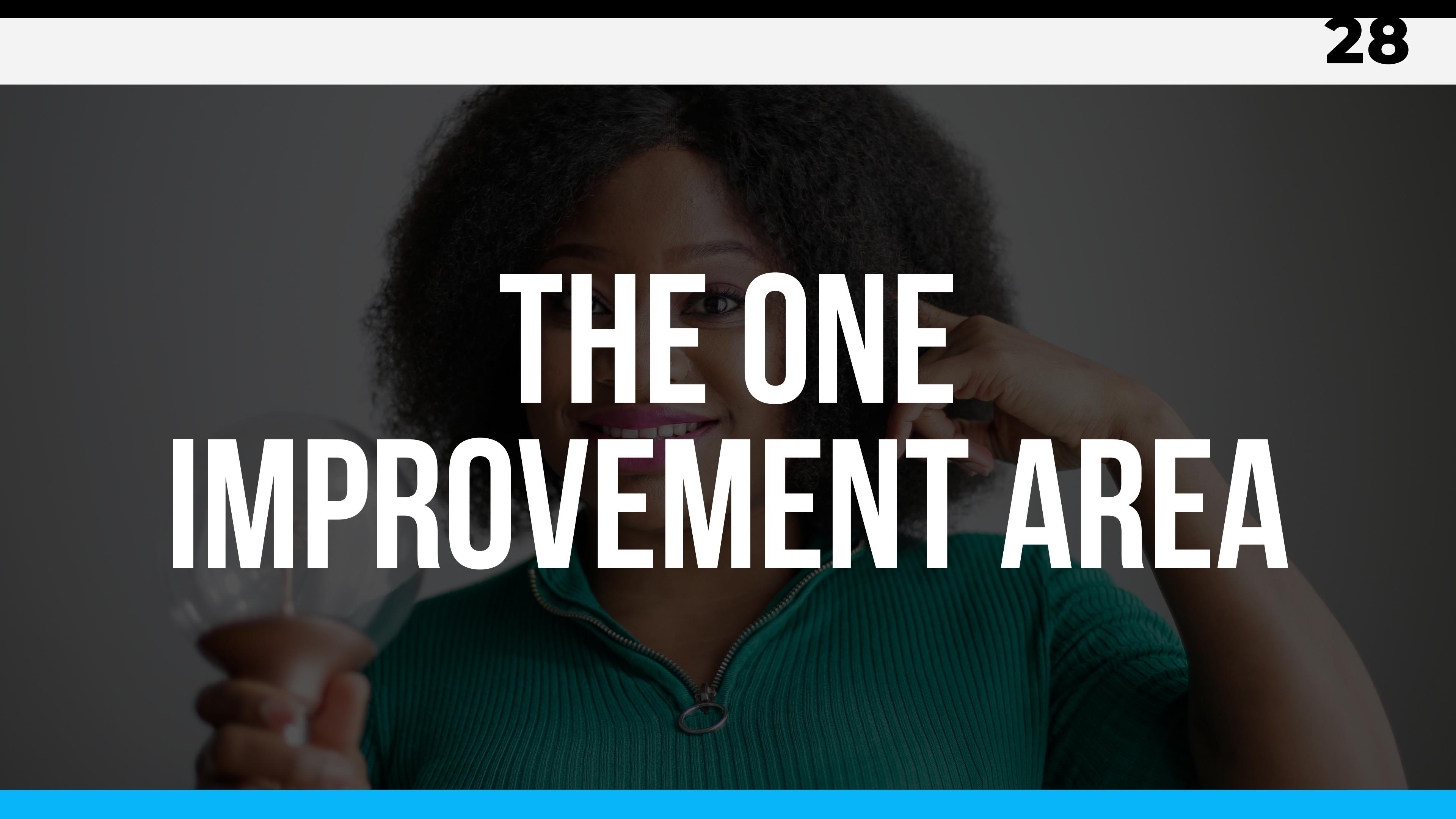
**WHAT DO YOU NEED TO
STOP DOING?**



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

COACHING SUCCESS



A woman with dark hair and a warm smile is the central figure. She is wearing a teal ribbed sweater and is holding a white notepad and a pen in her hands. The background is a soft, out-of-focus grey. Overlaid on the image is the text 'THE ONE IMPROVEMENT AREA' in a large, bold, white sans-serif font.

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!

