

Baez Coaching Goal-Setting Worksheet

Use this simple but powerful Goal / Steps / Barriers / Workaround model and template to finally start moving towards achieving your goal.

What to do:

1. Write down your big goal
2. Write down the steps you need to take to achieve your goal
3. Write down the barriers you foresee to taking action
4. List ways you can get past each barrier
5. Get Started on Step 1 – today, in any small way possible



**TITLE of YOUR BIG GOAL**

<b>Description:</b> (Example – Successfully Run My First 5k)		
<b>Steps</b>	<b>Barriers</b>	<b>Workarounds to Barriers</b>
1. Get off the couch, put on running shoes, and run around the block (keep doing twice daily until it's easy)	Kids – don't have anyone to watch them every day.	- do it when they're not home - do it during lunch - do it when someone can watch them
2. Sign up for 5k 3-6months away	Not sure how	- Find out how! - Talk to friends and family - Search Google by “city, year, 5k run” - Ask work or FB friends
3. Search for 5k plan online, print, and put on frige	Not sure how	- Figure out how! - Search Google for “5k plan, Doc or PDF” - Print at work, if no printer
4. Follow a 5-7week plan and schedule longer runs each week, atleast 3 times per week	Laziness	- decide to at least put your shoes on and walk the path - tell someone close to you, that's willing to give you some tough love, to hold you accountable - get a running buddy to challenge you