



Planning - goals, aspirations and what matters most

Please take the time to answer these questions. They will help in preparing for when we meet to detail what your needs, goals and purpose are going forward. There are no wrong answers, only the way it is. Capture everything, write it down.

What I am most proud of.... And why I am most proud of this/these things....		
My definition of success is....		
The 4 things I live for or can't live without are....	Live for.... or can't live without	Because....
	1.	1.
	2.	2.
	3.	3.
	4.	4.
What I stand for is....		
Complete this sentence:	I am someone who...	
Others tell me my strengths are		
When at my best, I am doing....		
When I let it, this is what holds me back....		
What I 'treasure' about my family is...		





I enjoy my work best when....	
I least enjoy my work when....	
My next level of stretch is to..... What keeps me awake at night is.....	
If I had 1 hour spare per day (7 hours per week), this is what I would do with the time....	
The challenges facing me are....	
The opportunities facing me are....	
What I want to achieve in the next 3 years is.....	
What I want to achieve in the next 10 years is....	