

## Coach-in-a-Box Goal Setting – Outline and Contents *(for Mac)*

### *Information*

Outline and contents - *(pdf)*

Step by step instructions - *(pdf)*

Goal setting information - webinar *(MPEG-4)*

Goal setting information - slide deck *(pdf)*

### *Exercises*

Values:

Exercise - form *(pdf)*

Visioning :

Guided visioning activity - audio *(MPEG-4)*

Exercise - form *(pdf)*

SMART Goals:

Information - powerpoint *(pdf)*

Exercise - form *(pdf)*

Strategic Plan:

Exercise – sheet *(pdg)*

### *Growth Plan*

Pre and Post Goal Setting Surveys – 2 forms *(pdf)*

Goal Setting Accountability Chart – sheet *(pdf)*