

GOAL AGREEMENT		Completion date	Probability Score
1			
2			
3			
4			
5			
6			
7			
8			

To complete my goals I need to learn:

To complete my goals the following people could help me

1	
2	
3	

Obstacles			Score 1-10
1	Information	"I don't know what to do"	
2	Skill	"I don't yet have the skills"	
3	Belief	"This is impossible for me"	
4	Wellbeing	"I'm way too stressed, tired, unwell to deal with this"	
5	Other people	"Other people make it difficult, it's not up to me"	
6	Motivation	"I can't get going"	
7	Time	"There's not enough time"	
8	Money	"I can't afford it"	
9	Fear	"I feel sick just thinking about it"	

Date.....

Signed Coach.....

Signed Client.....