

## Wish/Goal

1. **Think about something you would like to create or accomplish. What is your wish or goal?**

*Alternatively, what is the dilemma/challenge you wish to resolve?*

Document the agreed actions after each 1:1 meeting I facilitate.

---

---

---

---

2. **How important and meaningful is this wish/goal to you on a scale of 1–10?**

*How long have you been aware of this or thinking about this?*

8/10 – I've been meaning to do this for years.

---

---

---

---

3. **What is your ideal timeframe for achieving/attaining your wish/goal?**

*Is this timeframe realistic? If not, how can you modify your wish/goal so that it is?*

Now and ongoing.

---

---

---

---





# Smart

1. If useful, restate your wish/goal as a SMART goal (Specific, Measurable, Achievable, Relevant and Timed).  
*It may be slightly different than at the beginning of this exercise.*

---

---

---

---

---

---

---

---

2. What metrics could you track to assist you to achieve/attain your wish/goal?

*Simple weekly chart listing meetings and noting if I've documented the agreed outcomes.*

---

---

---

3. Where will you document your wish/goal? What will support you to read and reflect on your wish/goal most days?

*Post-it note on the edge of my laptop as a reminder • In my journal alongside other goals and habits.*

---

---

---

4. What additional action steps and activities might you undertake to assist you to achieve/attain your wish/goal?

*You don't need to know all the steps now, just enough to take action and get started. As part of your plan also consider how to make the steps and process enjoyable and satisfying.*

*Action step*

---

---

---

---

---

---

---

---

*When*

*Diarised*

---

# Smart

5. Imagine that you have achieved/attained your wish/goal. With this in mind:

What do you feel?

• Organised • On-top of my game.

---

---

---

---

What do you hear? And what do you see?

• Meaningful discussion • My team taking action.

---

---

---

---

What do you notice about who you have become?

I'm an organised manager who follows-up with my team and builds accountability.

---

---

---

---

What are you grateful for and/or appreciative of?

• My self-discipline to take notes after meetings • Staff keeping commitments, doing what they say they will do.

---

---

---

---



To learn more about iMastery's coaching, masterclasses and keynotes please get in touch.

[wendy.cole@imastery.com.au](mailto:wendy.cole@imastery.com.au) • [imastery.com.au](http://imastery.com.au) • [LinkedIn](#)

