

## Reflective Practice – Learnings about Important Goals –

*Use two different colored inks – one for each goal – to track answers*

1. Pick two important areas of your life where you are really committed to development.
2. For each area, what is your overall goal... as far as you can tell at this stage?
3. For each, how important to you on a scale of 1-10 is this particular goal at this stage in your life?
4. For each, what does the successful achievement of this goal look like, feel like, sound like, etc?
5. For each, what is the dominant thought you will have to focus on completely to achieve the goal?
6. For each, what will you have to ignore in order to stay with that dominant thought?
7. For each, what decisions will you have to make *first thing each day* to focus on your goal?
8. For each, what are you willing to do for others that you would like to happen to you with regard to the goal?
9. For each, what does this exercise tell you about your goal?
10. For each, what do you want your impact to be?

(Cont. on pg 2)

11. Now, review and sit with your findings on page 1 for a few moments.

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12. What does this exercise tell you about how you approach, and what impedes progress on, goals which are important to you?

13. As a coach, consider how the above might have shaped your relationship with your work at present. What are your thoughts here?

14. Step back and reflect on the impact you might want this reflection to have on your coaching practice in future. Here is where you customize your own learning and application, deciding on how, with what support, challenge etc, you wish to change, modify, adjust, and/or strengthen your way of being a coach.

*This is a typical example of a reflective practice exercise - one of many avenues for reflective learning available to the international method of providing coach supervision.*

*Ideally, all learning is applied to the practice of coaching – who we are and how we are when we coach.*