



THINK! Tools: The Guided Coach Session

Are you sitting comfortably – with a pen and paper ???

You can write / draw or close your eyes and just THINK!

- 1) What specifically do you want to achieve? (S)
- 2) What will your measure of success be? (M), And,
- 3) What date do you want to achieve that by? (T)
- 4) How will you celebrate? (what's your little win sign or action)
- 5) How achievable do you believe this to be? (scale 1 – 10) (Note: where 1 is low and 10 is high, if your score is 5 or less re-assess your goal to make it more achievable)
- 6) What is the strongest reason for wanting to achieve your goal?
- 7) What are the possible tasks (things you need to do) that could help you achieve your goal?

INVITATION TO Leave space or have this on a separate sheet incase want to add to later

- 8) What resources might possibly help you?
- 9) What possible reasons are there for involving others?

PROVIDE A FEW examples from the INVOLVE OTHERS TOOL –
EG Perhaps they have space / time / similar values / contacts / followers
Perhaps they are honest / creative / sociable / hardworking
Perhaps it's their job / passion / or they have done it before

- 10) Who could possibly help you? (Remember all the reasons ! – they could be alive or dead, real or imaginary, known or strangers to you)
- 11) Who else could possibly help you?
- 12) What could be the possible ways of communicating your goal to others?
- 13) How could you possibly obtain their buy-in/commitment?
- 14) What else could you do? (Note: keep adding to your list of possible tasks)
- 15) What possible obstacles/barriers might you face?
- 16) What else might possibly get in the way?
- 17) How could you possibly overcome the obstacles? - Add any extra tasks / resources to your list
- 18) What possible risks and implications might it be useful to consider in relation to your goals?
- 19) How could you possibly overcome/minimise the risks?- Add any extra tasks/ resources to your list



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20) Imagine the world's greatest expert was here... What might they possibly say to you that could help you achieve your goal?

How might thinking of the worlds worst help you think about what you could possibly do..?.

USE THE CREATIVE POSSIBILITY tool to prompt keep adding to your task list ... WHAT IF ...

21) What limitations might you have possibly imposed on yourself?

22) What assumptions might you have possibly made?

23) What else could you possibly do to help yourself, if there was just one last thing?

24) Which of the possibilities are your priorities? (i.e. those that are the most important to the achievement of your goal)

25) What is your top priority?

26) What exactly will you do, by when, considering who to involve and how? (Note: convert your priority actions into specific, measurable, time bound goals)

27) Who will you choose to involve?

28) How will you involve them and gain their commitment?

29) By when? (Note: plan in time to do it)

30) How confident are you now (scale 1 – 10) that your original goal will be achieved?

31) How strong is your reason now?

32) Are you prepared to take personal responsibility?

33) How much time are you prepared to set aside to do what needs to be done? What might you be prepared to give up

34) How will you plan in time?

35) What is the first action you will take?

36) When will you take it? - Put it in your diary

37) How will you measure and review your results?

38) How will you celebrate your success?

Feedback

Ask for -

Original self belief

Final self belief

Have you got a first step?



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