Coaching Goals & Desired Outcomes

A clear direction. A heart open to growth.

This worksheet helps us identify the changes you hope to make, the deeper growth you desire, and the first steps toward them. It is a starting point for conversation, not a test.

Share only what you are comfortable sharing; we can discuss sensitive matters privately.

Preferred name

Date

01 Where You Hope to Grow

Which kind of movement are you seeking? (Check any that fit.)

- ☐ Clarity
- ☐ Direction
- ☐ Alignment
- ☐ Action

If you could strengthen or change one area of your life during coaching, what would it be?

Why does this matter to you now?

02 Picture Meaningful Progress

Imagine meaningful progress. What would look different in your everyday life, choices, or relationships?

You do not need to have all the answers. We can explore them together.

The Heart Beneath the Goal

Real change includes what we do—and what begins to change within us.

03 Name Your Desired Outcome

Finish this sentence: "I hope to become a man who…"

What would be different on the inside—your peace, courage, beliefs, responses, or relationship with God?

04 Understand What May Stand in the Way

What circumstances, habits, fears, or assumptions might make this change difficult?

When you feel uncertain or pressured, what do you tend to do to protect yourself or avoid discomfort?

Optional reflection: What might God be inviting you to notice, trust, or release?

From Insight to Action

The goal is not perfect performance. It is faithful progress we can recognize, discuss, and adjust.

05 How You Will Recognize Progress

List two or three signs of growth that you—or someone who knows you—might notice.

1.

2.

3.

06 Your First Faithful Step

What is one realistic step you are willing to take before our next coaching session?

When would you like to take that step?

What support, prayer, or accountability would help you follow through?

07 Bring This Into Our Conversation

Is there a second goal or question you would like us to keep in view?

Goal review date (we will decide together):

Goals can become clearer as you grow. We will revisit and refine them together.