



The GOAL Template

I see myself as _____
Aspirational Adjective **Noun**

who _____
Verb - Uses what new behaviors or skills?

To _____
Accomplish what?

 I SEE MYSELF AS...	 Begin with these 3 words to visualize yourself at the new or improved state or behavioral level
 ASPIRATIONAL ADJECTIVE	 Exceptional, gifted, superior, highly, respected, accomplished, sought after, excellent, expert, reliable, etc..
 NOUN	 Leader, manager, coach, mentor, delegator, communicator, professional, etc..
 WHO DOES... WHAT?	 Leads, holds people accountable, coaches, delegates, communicates, develops, implements, achieves, etc..
 TO ACCOMPLISH WHAT?	 To eliminate, significantly improve, provide critical support, rapidly develop, fully satisfy, significantly contribute to, etc..