### **Form A: Coaching Model**

**Name:**

**Date:**

**Instructions**

In collaboration with your coach, identify one or more S.M.A.R.T. (i.e., Specific, Measurable, Attainable, Relevant, and Time-bound) goals. Then, describe the reality (what is happening and getting in the way of your goal(s), options (utilizing personal strengths and how they may influence your success, and what specific steps you will take to move your way forward in achieving your goal(s). List a few personal strengths that may help guide you in achieving your goals.

**My strengths**

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
3. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **1. Goals (using S.M.A.R.T. format):** | **2. Reality:**  |
| **3. Options (Include Strengths & How They Might Influence Success):**  | **4. Way Forward/Will Do:** |