



Instructions: Please fill out this form as thoroughly as possible. Then use the Print to PDF feature to save your answers and email the completed form.

Welcome to the Goals Worksheet by Coaching Canine Companion

I want to start off by saying that I am THRILLED that you're taking the first step to building the best relationship with your canine companion. The world needs more amazing people like you! Your compassion is valuable and will **greatly** impact the lives of the people and dogs around you.

This goals worksheet will help you plan out your actionable steps. Make sure your goals are SMART!

Specific	What? Where? When? Why?
Measurable	What numbers can you attach to your goal so you can KNOW progress is being made? Do you truly believe you can reach this goal?
Attainable	Does this goal truly resonate with you?
Relevant	Why? Give yourself deadlines and stay committed!
Timely	

Fill out the goal's worksheet below with your goals. I honestly can't wait to see what you can accomplish during our time together. Email me at Lorrie@CoachingCanineCompanions.com and let me know how this worksheet has impacted you and what goals you're going after!

Goals Worksheet

<p><u>Goal / Vision</u></p> <p><u>What can I accomplish in the next 90 days?</u></p>		
<p>WHAT ACTIONABLE STEPS CAN I TAKE IN THE NEXT 90 DAYS?</p>		
<p>Month 1</p> <p style="text-align: right;"><input type="checkbox"/> _____</p> <p style="text-align: right;"><input type="checkbox"/> _____</p> <p style="text-align: right;"><input type="checkbox"/> _____</p>	<p>Month 2</p> <p style="text-align: right;"><input type="checkbox"/> _____</p> <p style="text-align: right;"><input type="checkbox"/> _____</p> <p style="text-align: right;"><input type="checkbox"/> _____</p>	<p>Month 3</p> <p style="text-align: right;"><input type="checkbox"/> _____</p> <p style="text-align: right;"><input type="checkbox"/> _____</p> <p style="text-align: right;"><input type="checkbox"/> _____</p>



What obstacles do I face before I reach my goal?

How do I overcome these obstacles?

When I've achieved my goal, what will it **look and feel** like?