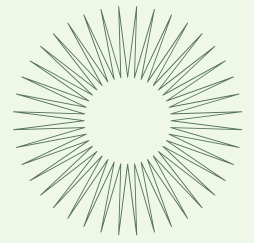


# 10 TIPS FOR Goal-Setting



Goal setting doesn't have to be overwhelming or complicated. With simple tools like the Wheel of Life and the GROW Model, you can bring clarity and focus to your goals. I've outlined some common mistakes and pitfalls to avoid, helping you set yourself up for success.

If you have any questions at all, feel free to reach out—I'd love to help! And if you'd like extra support or encouragement through coaching, I'd be delighted to work with you on your journey.



# 10 TIPS FOR

## Goal-Setting

### 1. Set Dedicated Time for Goal Setting

- Block out specific time for focused goal-setting sessions to clarify and prioritise your objectives.

### 2. Schedule Regular Check-Ins

- Add monthly or quarterly check-ins to assess your progress and stay aligned with your goals.

### 3. Use Positive Language

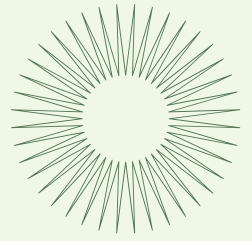
- Speak positively about yourself and your goals. For example, change "I'll try to get up for the gym" to "I will get up for the gym," and set yourself up for success.

### 4. Clarify Your Vision

- Define your vision to stay focused and motivated on the path to your goals.

### 5. Take Proactive Action

- Move toward your goals with purpose, and celebrate each milestone along the way.



# 10 TIPS FOR

## Goal-Setting

### **6. Refocus as Needed**

- Regularly reset and recalibrate your actions and mindset to stay aligned with your goals.

### **7. Analyse Feedback and Adjust**

- Act, assess, and refine your approach based on feedback.

### **8. Act First; Feelings Follow**

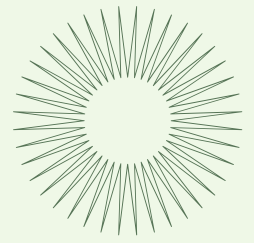
- Don't wait until you "feel ready" to take action—start now, and confidence will follow.

### **9. Anticipate Barriers**

- Expect obstacles and prepare strategies to handle them proactively.

### **10. Stay Resilient and Maintain a Growth Mindset**

- Learn from setbacks, keep a growth mindset, and continue moving forward with resilience.



# About Me

I'm Aoife, a Mindset and Performance Coach and Breathwork Teacher dedicated to helping people lead happier, healthier, and more fulfilling lives while reaching their true potential.

With a background in high-performance coaching and experience working with a diverse range of clients, I've seen firsthand how a strong mindset can transform one's approach to achieving goals, managing stress, and navigating life's challenges.

My goal is to equip you with practical tools to help you thrive, stay focused, and face challenges with resilience.

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