

# job4U2

## SELF COACHING NOTEPAD

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The purpose of the Self Coaching Note Pad is to help you reach your dreams.

If you adopt it, it will become your dreams catcher, will help you transform your fantasy into reality, your ideas into actions and your deepest aspirations into a life style.

[www.job4U2.ch](http://www.job4U2.ch)

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Vision

My Trimester Goals

Week by Week...

Project Planner

Problem Solver

My Notes Space

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## SELF COACHING NOTEPAD

### Vision - part 1

"If one does not know to which  
port one is sailing,  
no wind is favorable."

- Seneca-

#### My life Mission

If you have not yet identified your life mission, think about what, once at the end of your life, you would be proud to have accomplished.

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#### My Values

Your values are the things that you believe are important in the way you live and work. Whenever your values are threaten or fed, your emotions are involved.

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#### My ideal life is 5 years time (Year: )

Providing you had a magical stick, wiping out all fears and giving you all opportunities you'd need, how would be your life in 5 years from now. Give a very detailed description. Allow yourself to fantasy.

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### Vision-part 2

My annual milestones towards my ideal life

- end of the year, I will

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.....  
.....

- end of next year, I will

.....  
.....  
.....

- in 3 years time, I will

.....  
.....  
.....

- in 4 years time, I will

.....  
.....  
.....

Life principle and discipline I need to set for myself to reach this ideal:

.....  
.....  
.....  
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## SELF COACHING NOTEPAD

### My Annual Goal part 1

"Once you replace negative thoughts with positive ones, you'll start having positive results."

- Willie Nelson -

My result goal for this year

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My 3 progress goals for the upcoming year

1	2	3
<hr/>	<hr/>	<hr/>
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#### ACTIONS + TASKS

Based on annual goal 1

1	<hr/>
2	<hr/>
3	<hr/>

Based on annual goal 2

1	<hr/>
2	<hr/>
3	<hr/>

Based on annual goal 3

1	<hr/>
2	<hr/>
3	<hr/>



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### My Annual Goal part 2

Contract with myself

\_\_\_\_\_ make the formal commitment

To complete my set goal by \_\_\_\_\_

When I achieve my goal, I will see the following changes .

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

bringing me one step closer to the picture I have of my  
life in year \_\_\_\_\_

When achieving my Goal, I will celebrate by/with

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am fully confident that I will work on my identified  
actions and tasks and reach my goal because:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed

Date

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## SELF COACHING NOTEPAD

### Week by Week

"A dream becomes a goal when  
action is taken toward its  
achievement"

- Bo Bennett -

page 5: to print as many times as you need

#### Week objective & monitoring

Task/activity	Goal	Mon	Tue	Wen	Thu	Fri	Sat	Sun	Total

XX

On a scale from 1 to 10, how satisfied are you with your  
progress this week and why?

What were your big wins for this week?

What is the biggest learning of this week?

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### Project Planner

"Failing to plan is planning to fail"

- Benjamin Franklin

Define the goal in a p-SMART way,

Positively formulated. My expected outcome is:

Specifically, this is exactly how I see the final goal:

Measurable, what are the milestones and how is my progress measurable?

Attractive, what will be the positive and useful effects of the project:?

Realistic, how is the goal achieved, which are resources available?

Timely, when are the milestones and the goal expected to be achieved?

If you start a project, let's be honest, it's easier to divide and tackle it one task at a time. This section aims to help you to break your project in a doable and feasible pieces. that you can add to your Week after Week map.

Can you imagine what could be a very first little step to get you closer to your goals?

Write it down here:

Now, what is the second step?

How many steps can you divide your project into?



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### Problem Solver

"Problems are not stop signs, they  
are guidelines"

- Robert H. Schuller-

What is exactly the problem?

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What have I tried?

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What has worked?

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What has not worked?

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What do I really need now?

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Who can help me?

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What can I do myself?

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How do I organise myself for that?

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What is the very first thing I can do?

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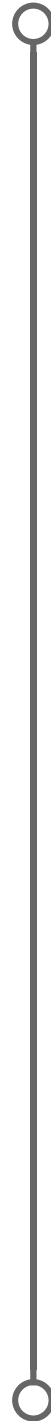
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### My Notes Space

"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt



A series of horizontal dashed lines for writing notes.

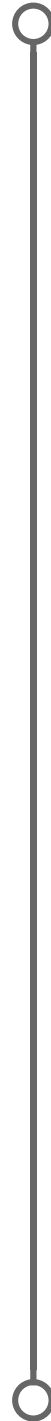
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## SELF COACHING NOTEPAD

### My Notes Space

"The biggest adventure you can  
take is to live the life  
of your dreams."

- Oprah Winfrey-



A series of horizontal dotted lines for writing notes.

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## SELF COACHING NOTEPAD

### My Notes Space

"Stay focused, go after your dreams and keep moving toward your goals."

- LL Cool J -



A series of horizontal dashed lines for writing notes.