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Goal Setting

1. What goal are you working on at the moment (be specific)

2. Where are you in relation to this goal?

3. Why is this goal important to you?

4. By when do you want to achieve this?

5. How are you measuring success of your goal?



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6. What do you need to be able to achieve this?

7. Do you have the means/tools to achieve this right now? If not, what are your constraints/obstacles?

8. How can you go about doing this? Please list 5 options

- 1.
- 2.
- 3.
- 4.
- 5.

9. What are the risks for each option?

- 1.
- 2.
- 3.
- 4.
- 5.



10. Is there anything stopping you from committing to this today?

11. Who else needs to buy in to this idea?

12. What support do you need and from whom?

13. On a scale of 1-10 how committed/motivated are you to do this?

14. What prevents you from being a 10?

15. What action are you going to take next?

16. When will you take this action?