**GOAL PLANNING SHEET**

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| **Domain**  **Leadership\_\_** |  | **Today’s Date**  **August 5, 2016** |  | **Target Date**  **February 23, 2017** |  | **Completion Date** |
|  |  |  |  |  |  |  |
| **GOAL DEVELOPMENT: The following is my Classic Type (check only one type):**  **Idealist Inspirator Partner Supporter Innovator Planner**  **Tendency/habit I want to work on: (selected from the NOTE in Table II-1/from lesson material):**  Impatient and too controlling  **Specific behaviour or habit to change:**  Impatient and too controlling with people when things are not going fast enough or done the way I think they should be  **GOAL STATEMENT: (specific, measurable, acceptable, realistic, time limit = S.M.A.R.T.):**  When things are not going at the pace I like or being done the way I want, take a diplomatic and positive approach with the person or those responsible for the task and show patience and support  **Outcome measure(s): (how will I know I am succeeding with my goal?)**  I will practice patience and diplomacy 95% of the time when warranted and I will achieve this in 6 months | | | | | | |
| Accepted by: | | | | Date : | | |
| **Benefits** of attaining this objective for the organization and for myself:  Better relationship with partner and assistant. Feel better about myself. Less stress. Less anxiety. I would be easier to approach, which would lead to more contracts and thus more stability.  **Follow-up**: (How will I measure progress made?)  I will track daily in Onenote the number of times a day I needed to be patient and diplomatic and evaluate how I did. I will also seek the feedback from my partner and assistant | | | | | | |
| **Roadblocks and Challenges** | | | | **Possible Solutions and Opportunities** | | |
| Habits      Stress  Attitude | | | | Track daily & be conscious. Share my goal with my partner & assistant & ask them to remind me when need be  Plan time better with agenda  Remind myself of my goal and the benefits daily. Use affirmation | | |
| Enter required action steps on next page. | | | | | | |

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| **Specific actions required to attain this objective** | **Target Date** | **Review Date** | **Completion Date** |
| 1. Repeat affirmation 3 times per day |  |  |  |
| 1. Visualize myself being patient and acting diplomatically |  |  |  |
| 1. Track my progress daily using Excel spreadsheet |  |  |  |
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| **Affirmation/Visualisation**  I am patient and diplomatic  **Value**  Achieving this goal is worth the time, effort and money devoted to it. \_\_\_\_\_ **Yes** \_\_\_\_\_ **No**  \_\_\_\_\_ **Yes, but later**.\_\_\_\_\_\_ | | | |