**GOAL PLANNING SHEET**

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| **Domain****Leadership\_\_** |  | **Today’s Date****August 5, 2016** |  | **Target Date****February 23, 2017** |  | **Completion Date** |
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| **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
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| 1. Visualize myself being patient and acting diplomatically
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| 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**.\_\_\_\_\_\_ |