

# COACHING WORKSHEET

## Crystallize Outcome

In this box write down the actual goal.  
It should be expressed as a positive outcome.

## Obstacle Identification

What is the primary obstacle that must be overcome?  
Are there other obstacles that may interfere?

## Ask What Can (Will) Change

Why are the obstacles perceived as obstacles?  
What can or will change?

## Chart a Course (Creative Tension)

Describe the gap (course) between now and the outcome.  
Include one or two milestones (how will you know you're closer?)

## Help Navigate

Next steps

Generalities

Expressed Negatives

Monsters

Limiting Self-Talk  
(can't, yahbut, etc.)

Useful Anger