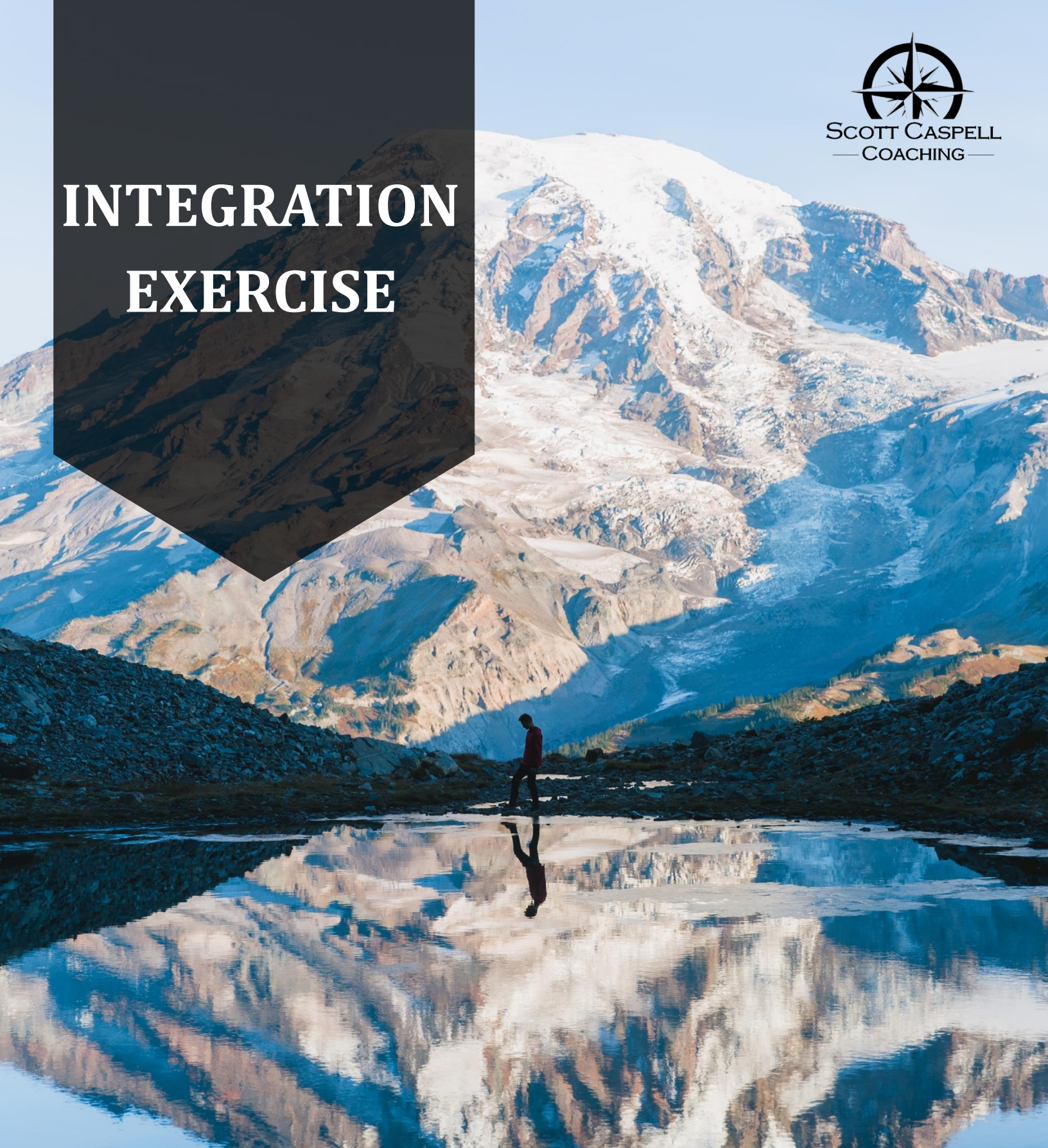




SCOTT CASPELL
— COACHING —

INTEGRATION EXERCISE



“A goal without a plan is just a wish.”

~ Antoine de Saint-Exupéry



Integration Exercise

This exercise is designed to help you reflect on your experience in the course, and make a plan to integrate your learning into your ongoing life.

I hope you find great value, inspiration and success through the process!

Step 1: Reflect on your experience in the course

What are your biggest take aways from this course?	
1	
2	
3	



What helps you connect with your Best Self?

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What are your top 3 priorities moving forward?

1	
2	
3	



Step 2: Self-assessment & identify your desired goals

- Rate each category from 1 – 10 for how satisfied you are with your life right now, with 10 being completely satisfied.
- Think about your life a year from now. What would you like to see change? For each category, write down a desired goal that you would like to achieve within a year. Remember to make the goal specific, measurable and attainable.

Category	1 - 10	Desired goal
Family		
Health, Fitness & Diet		
Finances		
Love & Romance		
Fun, Joy & Leisure		



Step 2: (continued)

Category	1 - 10	Desired goal
Social, Friends		
Attitude & Mindset		
Energy & Motivation		
Career		
Purpose & Vision		
Other (optional)		

“Your goals are the road maps that guide you to what is possible for your life.”

~ *Les Brown*





Step 3: Select a goal & make a plan

- Select the category from Step 2 that you feel most inspired to work with.
- Use the following template to make a plan to achieve your desired goal in this area. Use a notebook if you need additional space to write your ideas.

Desired goal	Why is this important?

What will success look like for you with this goal?




	Major steps to reach your goal	Timeline
1		
2		
3		
4		




Step 3: (continued)

	Weaknesses or obstacles	Solution
1		
2		
3		

How will you celebrate completing this goal?



Strengths / habits that will help you achieve this goal

1		
2		
3		

Repeat step 3 for additional goals that you would like to work on.



Step 4: Commit to Action

- Commit to working on your goals every week for 3 months.
- Find an accountability partner. Share your goals and provide a weekly progress update.
- Break the major steps to reach your goal into smaller weekly actions. Use the template below to write down your weekly actions for one or more goals.

	Actions for week 1	Actions for week 2
1		
2		
3		

	Actions for week 3	Actions for week 4
1		
2		
3		

“To make a change, you must be willing to commit and willing to take action!”

~ *Tae Yun Kim*



Step 5: Revisit your Goals

- Revisit your goals regularly (like on the first of every month).
- Take note of your learning, celebrate your progress, and set your action items for the upcoming weeks.

	What went well this month?	What will you do differently next month?
1		
2		
3		

	Actions for week 5	Actions for week 6
1		
2		
3		

I'd be happy to guide you through the goal setting process or answer any questions you may have!

Contact me to explore how 1:1 coaching can support you in creating the life you truly desire.

