



■ **LIFE COACH:** Yvonne Castle offers her advice for you on each week  
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## Step by step plan to help make life goals a reality

Huddersfield life coach and consultant YVONNE CASTLE continues her series helping you to make those changes for the better in your life

**L**AST week we went through deciding on the priority of your life goals and started the coaching process by setting a longer term goal, breaking it down into manageable chunks, and seeing how far you've come already in relation to that goal.

In today's column we will continue the coaching process.

There are two more stages – identifying the options you have to help you move forward and then finally setting that all important plan of action, that will make your goal a reality. Pen and paper at the ready !!

### Identifying your options

■ **LOOK** at your "journey goal", the one with the short timescale. Using my example from last week, this would be 'losing three pounds' as opposed to going straight for the longer term goal of 'losing one stone'.

■ Ask yourself – What could I do to reach this goal?

■ List at least six things that you could do – don't cheat on this. Just take your time and complete six options that tell you what you could do.

■ Once you've got your six, keep saying to yourself – What else could I do? Can you find three more to write down?

■ Then ask yourself – if time wasn't an issue, if money wasn't an issue, if anything else that was in your way wasn't an issue – add at least another two more options that would help you reach your first goal.

■ Think about the benefits and the costs

of each.

### What action are you now going to take?

■ Now you've got a list of at least 11 things that you could do. Look at them and see what looks best for you. What feels right to you, to get the most impact NOW. Write these actions down.

■ Check with yourself that if you activated these chosen actions (there may be just one action, or a few) that they would definitely get you to your goal – ie, I'd definitely have lost that three pounds.

■ Write down exactly when you are going to do this. Not next week, not on Tuesday, but at 10am on Tuesday morning. Be very specific.

■ After this, add anything that could hinder this progress. Write down what you will do to eliminate these obstacles.

■ On a scale of one to ten, where ten is "you are definitely going to make this happen" and one is "it may happen, but I'm not sure" write down your score.

■ If it's not a ten ask yourself, what prevents it from being a ten.

■ What actions do you need to add to your list to make sure it scores a ten – where you are definitely going to succeed in putting your plan into action.

I'm hoping that now, you're buzzing with energy and excitement and that you know now what you need to do.

Join us at our February local coaching events on Life Coaching and Coaching In Business. For more information visit [www.ycchange.co.uk](http://www.ycchange.co.uk) – or ring 0845 862 0525.

Next week: beating the barriers that can block your progress