


# CREATING LUMINOUS GOALS™



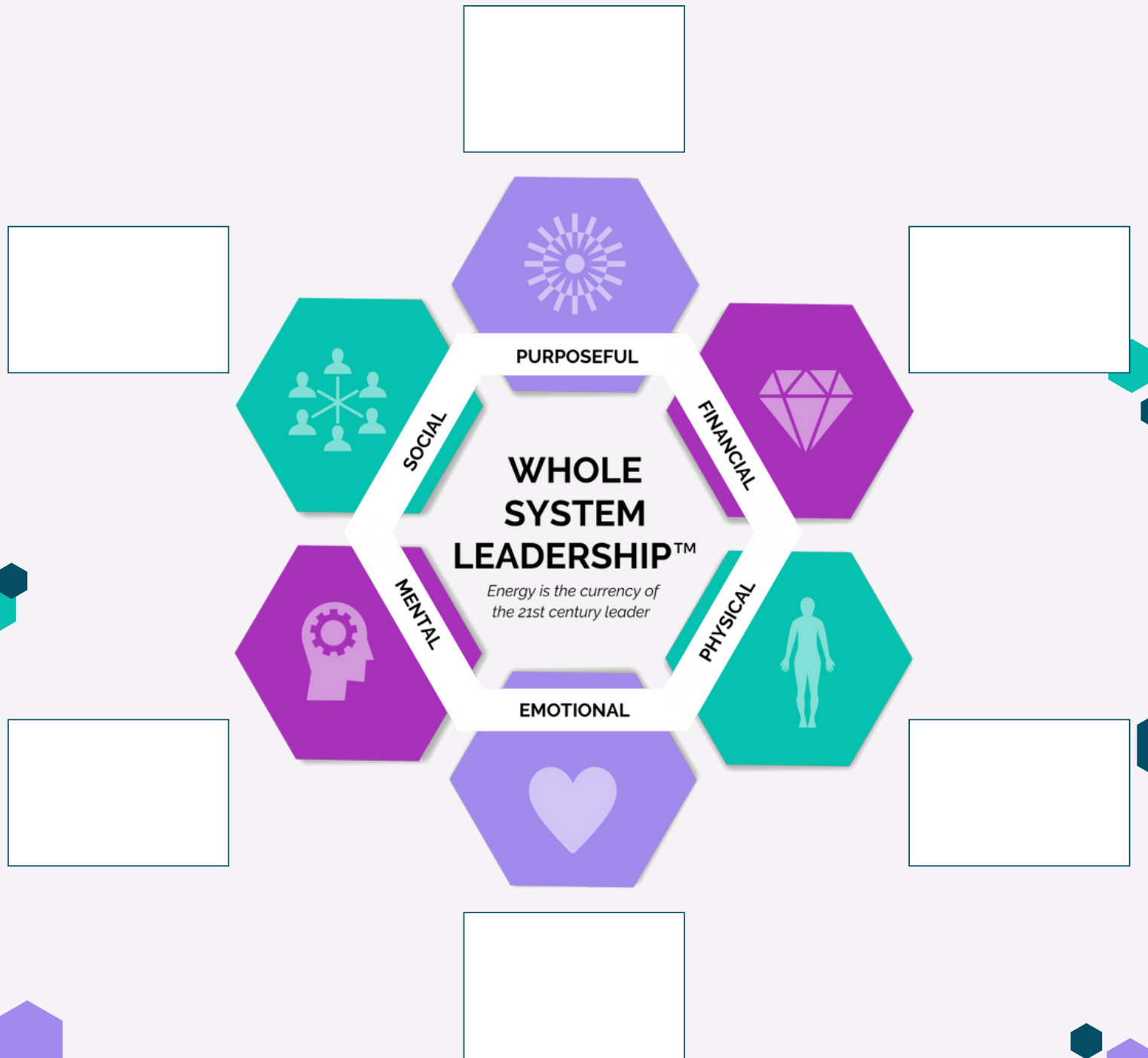


**"IN A WORLD  
DELUGED BY  
IRRELEVANT  
INFORMATION,  
CLARITY IS  
POWER."**

Yuval Noah Harari

## NOTES

# WHOLE SYSTEM LEADERSHIP MODEL™



If you were to focus on one area of your life that could create the greatest change which area would it be? What will be different for you when you create change in this area of your life?

# WOOP GOAL-SETTING™

## It is on or before....

What is the specific date you want to have achieved this goal by?

## Wish:

What do you want to make happen? What is your 10 out of 10?

## Outcome:

What is the ultimate outcome of you achieving this goal?

## Obstacles:

What could get in your way or throw you off course?

## Plan:

What actions must you take to achieve this goal?

# STAYING ON TRACK

What is one word that will keep me focused on my goals 2024?

What will I need to remember in moments of struggling to keep me on track?

## THANK YOU!

If you are a senior manager or leader that is struggling to get clarity on the next level of your career or, you are not yet clear on how to step up as a leader without working more hours, sacrificing your work life balance or, you just don't feel confident in yourself that you can take the next step in your career then it could be time to consider leadership coaching.

In our 1:1 and small group coaching programs we work together on creating clarity on the next step of your career, where you want to go and who you want to be as a leader. We then work on putting in place the right focus and boundaries to help you step up and scale up in a sustainable way, with more energy. Finally, we work on your confidence to own your voice and seat at the boardroom table.

If this speaks to where you are at and what you need I'd love to talk to you [email me back](#) with the word '**luminous**' and we can chat further.