

Life Coaching Success Blueprint

Your Step-by-Step Guide to Clarifying, Creating, and Achieving Your Goals

Section 1 – Self-Discovery & Current Life Snapshot

1.1 – Life Wheel Assessment Rate each area of life from 1 (lowest satisfaction) to 10 (highest satisfaction):

Health & Wellness: ____ /10 Career & Business: ____ /10
Relationships & Social Life: ____ /10 Personal Growth & Learning: ____ /10
Finances: ____ /10 Fun & Recreation: ____ /10
Spirituality & Inner Peace: ____ /10 Home & Environment: ____ /10

Reflection: Which areas are the lowest and why? Which areas matter most to improve right now?

1.2 – Values & Core Beliefs

List your top 5 values:

1. _____
2. _____
3. _____
4. _____
5. _____

Reflection: How do your daily actions reflect these values? Where is there misalignment?

1.3 – Identifying Limiting Beliefs

List 3 recurring thoughts that hold you back, then rewrite them into empowering beliefs:

Limiting Belief 1: _____ → Empowering Belief: _____
Limiting Belief 2: _____ → Empowering Belief: _____
Limiting Belief 3: _____ → Empowering Belief: _____

Section 2 – Goal Setting with Clarity & Purpose

2.1 – Defining Your Top Goals (SMART)

Goal #1: _____ Deadline: _____
Goal #2: _____ Deadline: _____
Goal #3: _____ Deadline: _____

2.2 – Purpose Connection For each goal, answer: Why is this important? How will achieving it change my life? Who else benefits?

2.3 – The One Thing Focus Circle the one goal that will have the greatest ripple effect.

Section 3 – Action Planning & Strategy

3.1 – Reverse Engineering the Goal Define the end result, work backwards, list milestones, then weekly tasks.

3.2 – 90-Day Plan

Month 1: _____

Month 2: _____

Month 3: _____

Weekly Non-Negotiable Actions:

- _____
- _____
- _____

3.3 – Daily Success Rituals

Morning Ritual: _____

Evening Ritual: _____

Section 4 – Mindset & Motivation Exercises

4.1 – Visualization Practice Spend 5 minutes imagining having already achieved your goal. Describe it:

4.2 – Affirmation Creation

- _____
- _____
- _____

4.3 – Gratitude Anchor List 5 things you are grateful for:

- _____
- _____
- _____
- _____
- _____

Section 5 – Tracking & Accountability

5.1 – Weekly Review Questions What went well? What challenges? What to improve? Did I stick to commitments?

5.2 – Accountability Partner or Coach Check-In

Date of Check-In: _____

Notes & Progress:

Section 6 – Long-Term Vision & Lifestyle Design

6.1 – Vision Statement Write a 1–2 paragraph vision of your ideal life in 3 years:

6.2 – Life Alignment Check Does your schedule reflect your values and vision? What needs to change?

Final Commitment Statement I commit to taking consistent action toward my goals, staying aligned with my values, and holding myself accountable.

Signature: _____ Date: _____