



with Dr Audrey Tang & Sharon Lawton

[www.draudreyt.com](http://www.draudreyt.com)

| [www.natural-flair.com](http://www.natural-flair.com)

@draudreyt

@sharonnatflair

## The Coaching Wheel (Sharon Lawton)

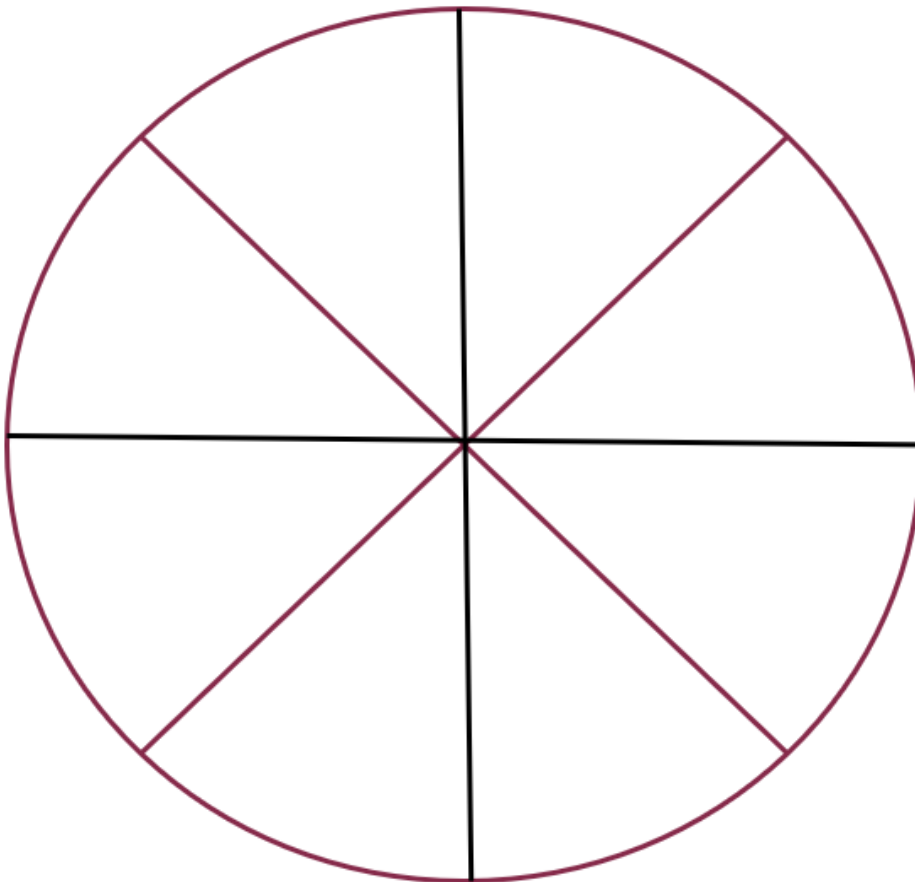
MY GOAL: \_\_\_\_\_

(In the segments, write what you need to accomplish, and where you are right now on that path)

5 Motivational questions to goal achievement:

- How will achieving the goal benefit me?
- What will I be saying to myself when I have achieved it?
- What will achievement feel like?
- What will achievement look like?
- How will I know I'm at 10/10?

10



The CPD Standards Office  
CPD PROVIDER: 21199  
2019 - 2021  
[www.cpdstandards.com](http://www.cpdstandards.com)



with Dr Audrey Tang & Sharon Lawton  
[www.draudreyt.com](http://www.draudreyt.com) | [www.natural-flair.com](http://www.natural-flair.com)  
@draudreyt @sharonnatflair

---

Notes:



The CPD Standards Office  
CPD PROVIDER: 21199  
2019 - 2021  
[www.cpdstandards.com](http://www.cpdstandards.com)