

# MY GROWTH PLAN

Please fill this in after reviewing the results of the FLQ or FSAT with your Certified Flourishing Coach™.

## 1) GOALS

Begin with the end in mind. Sustainable growth is the result of both self-awareness (so that we understand our starting point) and clarity (so that we have focal certainty).


What are my goals for personal and professional development in the next 12 months based on my desires and the insights I gleaned from the FLQ?

### Goals Should Be:

- S** – Specific
- H** – Healthy
- A** – Action-Oriented
- R** – Reachable
- P** – Purpose-Aligned

### My Goals in the Next 12 Months...

#### Personal:



#### Professional:

## 2) MOTIVATION

Always start with WHY. WHY do you want this change to occur? What is this change **really** about for you?

Compelling motivation is required in order to overcome the obstacles that will invariably come your way. When the WHY gets stronger, the HOW gets easier.

**My Motivation:**

## 3) OBSTACLES

For sustainable change to occur, we must ask what has held us back in the past because if you can name it, you can tame it. People don't change until they address what holds them back. When we identify obstacles, their power decreases, and our power increases.

Both the obstacles on the inside (intrinsic), and the obstacles on the outside (extrinsic) must be addressed. List as many obstacles as possible, both **Internal** and **External**.

**Controllable Obstacles:**

**Non-Controllable Obstacles:**

## 4) EMPOWERMENT

Do a full inventory of your internal and external resources.

As we identify and itemize our resources, our sense of empowerment increases exponentially.

Empowerment leads to execution.

### **Internal Resources:**

### **External Resources:**

## 5) GAP ANALYSIS

My current level of skill has determined my current level of outcomes. Better outcomes demand better skills. So, we need a clear idea of our gaps.

Honestly ask yourself: what additional skills, tools and resources do you need to develop to help you achieve your goals?

### **My Gap Analysis:**

## 6) NEXT STEPS

The path to success is massive, focused, and consistent action.

What next steps are required in the next 12 months in order to begin to move closer to the goals I shared above, cultivate a sense of empowerment, address obstacles, and close gaps? Write the next steps down.

### **Next Steps Required In The Next 12 Months To Move Closer To My Goals:**

### **Next Steps Required In The Next 12 Months To Cultivate A Sense Of Empowerment:**

### **Next Steps Required In The Next 12 Months To Address Obstacles:**

### **Next Steps Required In The Next 12 Months To Close Gaps:**