

G.R.E.A.T – coaching plan

Client Name	Date	Session no.
G Goal Definition (Present tense)		
R Resources	Where am I now? What resources do I need?	
E Is the goal ecological?		
A Action	What is the first action I will take? What is the second action I will take?	
T Time (deadline)		
Review Dates 1. 2. 3.	How will I know I have achieved my goal?	
Rewards?	What or who is my support structure?	

.....(coach/date) (client/date)