

# The Hopscotch Method

When you have a clear goal in mind, use this coaching model to explore the goal and how you are going to achieve it. As well as practical tasks, it will help you explore your confidence, values and beliefs to prepare your mindset for goal crushing!

- 1 What is your goal? (Make a note in the box below, e.g. "I want to ..... by ..... so that.....")
- 2 When and where will you complete it?
- 3 How will you celebrate completing it?
- 4 What habits do you need to stop, start or change?
- 5 What's your plan?
- 6 How confident are you that you can do this?
- 7 What are your values and how will this goal honour them? (Make a note of your values in the box below)
- 8 What beliefs will you need to challenge?
- 9 What identity will you need to hold to do this?
- 10 How does this goal honour the legacy you want to leave?

Imagine you've successfully completed your goal and answer these questions in the present tense.

- 10 What advice would the future you give you now?
- 9 What's your identity?
- 8 What beliefs do you hold about yourself? (make a note of these in Positive Affirmations below)
- 7 How are you honouring your values every day?
- 6 How confident are you that you can achieve your goals?
- 5 What did you need to do to achieve this goal?
- 4 What positive habits are you doing every day?
- 3 How did you celebrate achieving your goal?
- 2 When and where did you achieve your goal?
- 1 State your goal in the present tense, as though you've already achieved it.

Your Goal

Your Values

Positive Affirmations

For more detailed instructions on this coaching model and how to use it, order your copy of Work Hard, Rest Hard, Play Hard on Amazon.

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