

SCAFFOLD



Goal Setting.

“A dream without a plan is just a wish.”

Introduction To Goal Setting

Welcome to Scaffold Coaching. Since 2010 we have been helping clients realise their potential. With any client assignment we sit alongside you, working on what you would like to improve or better understand.

How often do you think about what you want in life? And what it is that will make you happier if you achieve it? Many of us tend to over estimate what we can achieve in a couple of months (lose a stone, get fit, pay off our debts) but we massively tend to underestimate what we can achieve in a year or two when put our minds to it and focus our efforts.

At Scaffold Coaching we advocate putting planning time into your personal life once or twice a year, the same as you would in business to think about what you want and how you might go about achieving this.

Finding Your Flow

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“By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands — your own.” —*Mark Victor Hansen*

If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes.” —*Andrew Carnegie*

Career & Work

1.

2.

3.

Relationships

1.

2.

3.

Health & Wellbeing

1.

2.

3.

Personal desires (savings, travel, material things)

1.

2.

3.

Ikigai: Finding Your Purpose. Your Reason For Being.

“Ikigai is usually used to indicate the source of value in one’s life, or the things that make one’s life worthwhile.”

“Such a search is important to the belief that discovering one’s Ikigai brings satisfaction and meaning to life. For some, it might be work, hobbies and raising children.”



SOURCE: dreamstime

TORONTO STAR GRAPHIC

Jot It Down

Scribble on here, list it or free write on the page below if that's more your style. The important thing is that you take 20-30 minutes to stop and think about how you are living life right now, and asking yourself questions to uncover your Ikigai.

Here are some useful questions to help you with each section.

- What did you love doing as a child?
- When do you feel most at peace/happy?
- What excites you?
- What trends are emerging?
- If you had a super power what societal problem would you fix?
- Where are the opportunities for you skills?
- What would you like your working day to be like?
- What brings you joy?
- If nothing was in your way what would success look like?



Exploring Your Ikigai.