



ART OF COACHING PODCAST™ EPISODE 350:
THE END OF YEAR GOAL AUDIT YOU NEED

Reflect on the top 3-5 goals you set for yourself this year. Aim to include a balance by listing at least one or two from your personal life, alongside any professional goals. How well do these goals represent what truly matters to you?

Did any of your goals change or evolve this year? Reflect on why—were these shifts intentional, or did they stem from distraction, procrastination, or another unhelpful influence? Is this a pattern you've noticed before?

Conduct a progress audit: List your wins, big and small, and identify any roadblocks—both internal and external. Where might you be standing in your own way?



Identify your biggest needle movers. Which actions, habits, or decisions had the most impact on your growth this year, and why were they effective? Consider how you can build on them moving forward.

Create a 'Let Go' list. Reflect on any mental baggage or relationships that no longer support your growth. Recognize what you need to release in order to move forward with clarity and purpose.

Develop an immediate action plan: What can you start right now? Choose one or two tasks that are straightforward but a bit scary—the things you've been avoiding yet know will create powerful momentum.



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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