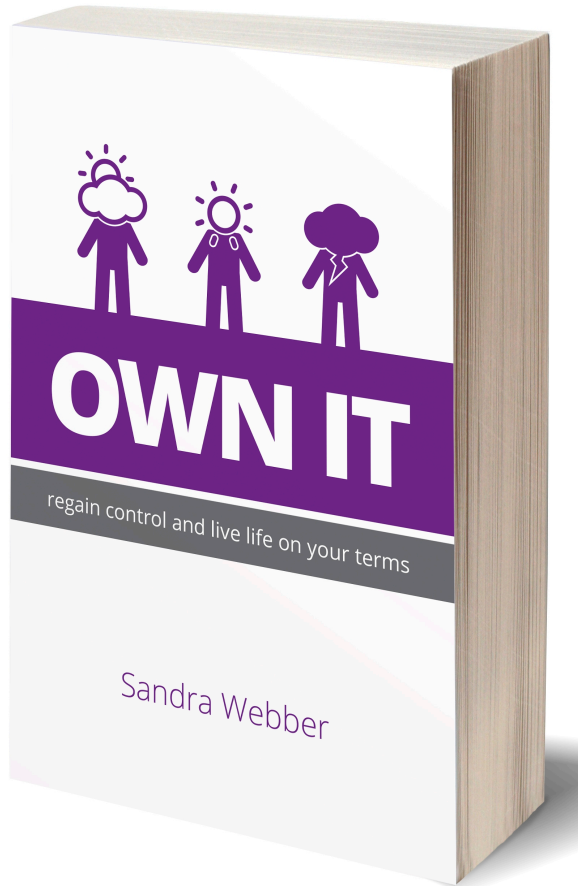


# A G.A.M.E. Plan For You



[www.own-it-book.com](http://www.own-it-book.com)

[www.sandrawebbercoaching.com](http://www.sandrawebbercoaching.com)

[www.thekudosgroup.com](http://www.thekudosgroup.com)



# A G.A.M.E. plan for you

NAME \_\_\_\_\_

DATE \_\_\_\_\_

<b><i>A – Awareness of Self</i></b>
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What do you already know about yourself?

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Personality Traits

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Time Orientation

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### Motivation

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### Life Admin Requirements

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### Values and beliefs

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### Natural Strengths

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### Confidence robbers

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Own It

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Any limiting thought patterns

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Areas for development looking at the above

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How does this support your plan? – what is working for you?

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What else do you need to get feedback on?

What other skills do you need to develop – revisit this as you complete the plan decide what action is required?

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***G – GOALS – Your what, why and when***

Consider all elements of your life - Personal, Professional, Financial, Fun and Wellbeing

What do you want to achieve	By When	Why?

What is your scary goal?

What	By When	Why?

What are you passionate about?

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***A - ACT DAILY - What do you need to do to  
achieve your goals?***

Daily action - including start of day routine

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Weekly action

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Monthly action

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Any other

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What are the difficult actions for you?

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How are you going to ensure you do these?

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What system are you going to use to track actions?

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***M - Momentum - how to keep going***

What keeps your energy levels high?

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What depletes your energy?

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What and who could derail you?

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Who gives you energy and support?

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Who might zap or discourage you?

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***E - Enjoy and Evaluate***

How will you know when you are enjoying it?

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How will you keep yourself on track?

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What other people do you need to find?

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Are you giving enough to others (time, money, skill, anything)?

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Any other notes or actions

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What are you going to do with this plan?

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When are you going to review this plan?

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