

# Setting & Reaching Perfect Goals

**“The plans of the diligent lead surely to plenty”**

*~ Proverb of King Solomon*



**EAGLE**  
CONSULTING SERVICES

**We all live busy lives** these days and for many of us, finding time to ponder and reflect on what we want from life seems a waste of our precious time, or simply a distraction from the 101 things we have on our to-do list.

However, if you don't know what you want, it's impossible to have a clarity and direction, and we end up going wherever life takes us.. Not knowing what we want also makes it hard to say “no” to others. How can we prioritise ourselves when we have nothing to work towards? We must have a reason to say “no” and a reason to say “Yes”.

**Having goals also gives us purpose in life.** When we know what we want, we can **get focused** and ask ourselves, does this move me towards or away from my goals?

In the **PERFECT Goals** Coaching packages, Dr Rob will guide you to figure out your goals and how to set them and achieve them.

There are **6 session package** which include the following sessions:

## **Goal Setting Strategy – Coaching Pathway**

Identifying Your Key Life Areas

Discovering the Dream and Goal Brainstorming

The WHY of your Goals will give you the WHAT of your Goals

7 Principles for P.E.R.F.E.C.T. Goals

Refining and Reaching your Goals

Annual Goal Setting Worksheets

## **Coaching Packages Investment:**

Each Pathway consists of **6 x 60-minute sessions** conducted weekly, fortnightly or monthly  
(*face to face or via Zoom/Phone dependent on location*)

Recommended 1-2 hours client work outside of each session

**6 sessions in this Pathway - \$780**

**Providing you a Pathway, not just a Package**