

PREWORK

#6 GOAL SETTING



To Prepare for Module 6:

1. Use the worksheet to set your own SMART goal and action plan. What did you find easy/hard?

MODULE 6 Homework:

Work with a partner/friend to go through setting a SMART goal with an action plan. Ask how they found the experience. Tracking sheets and action plan sheets are in the portal.

In your daily conversations practice reflecting what you hear instead of asking questions.

- Notice how it impacts the conversation
- Try using different types of reflections
- Practice swapping praise for affirming (replace the 'I' with 'you')
- If you do ask a question, focus on using open questions (how, what, who, when, where... why)

What did you notice: