



**The Military Spouse Coach®**  
Support, strategies and solutions for career and life

## BOLD BUSINESS GOALS

- **What is your bold business goal this month (remember to use your courage)?**

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- **What is your relationship to this goal (think of a way to make it positive)?**

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- **Who will collaborate with you to make your bold goal happen (anyone new)?**

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- **How will you consistently create space to accomplish this intention (what has worked in the past)?**

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- **Describe in the present tense how it feels to have already accomplished this.**

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**Describe your goal as if someone asked “What are you working on right now that you are excited about?”**

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**Intended Action Steps (being open to the fact that they can change):**

1. \_\_\_\_\_ by when: \_\_\_\_\_

2. \_\_\_\_\_ by when: \_\_\_\_\_

3. \_\_\_\_\_ by when: \_\_\_\_\_

4. \_\_\_\_\_ by when: \_\_\_\_\_

5. \_\_\_\_\_ by when: \_\_\_\_\_

**Please Mail or Fax this form to me: The Military Spouse Coach ® (860) 521.8422**

**Full Name (First, Last):** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_

**My Bold Goal Is:**

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**By** \_\_\_\_\_ **( 1 month from today) my intention is to have made this progress:**

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**I am committed to my goal:** \_\_\_\_\_ **(Signature)**

**I am committed as your coach:**     *Krista H. Wells*      
**(Signature)**