



COACHING International

The Crystal Ball Exercise

You look into a crystal ball and can see into the future to the end of next year. A great year is ahead of you! Write down what your future holds according to the crystal ball.



Step 1: Describe the year ahead of you based on the crystal ball's prediction. 2016 has come and gone and we "ROCKED" because we achieved the following specific & measurable outcomes.

Step 2: What are the top 5 activities ranked in order that are specific and measurable that made it such a great year? These are the activities that led to the result in question 1.

1. _____

2. _____

3. _____

4. _____

5. _____