

90-Day Goal Clarity Worksheet

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This worksheet helps you gain clarity on what you want to achieve in the next 90 days.
Take 15 minutes to answer each prompt honestly. There are no right answers — only your answers.
Bring this completed worksheet to your coaching session for a deeper conversation.

REFLECTION 1

The Big Picture

If I could change one thing about my professional life in the next 90 days, it would be:

REFLECTION 2

Current Reality

The biggest obstacle standing between where I am and where I want to be is:

REFLECTION 3

Hidden Strengths

A strength I have that I am not fully using right now is:

REFLECTION 4

The Cost of Inaction

If nothing changes in the next 90 days, the impact on my career/business will be:

REFLECTION 5

One Bold Move

The one action I have been avoiding that could make the biggest difference is:

REFLECTION 6

Accountability

The person I will share this goal with and ask to hold me accountable is:
