

The Star

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Star Tool

The Star is a simple tool to help you identify and take steps to reach a goal or change a behaviour.

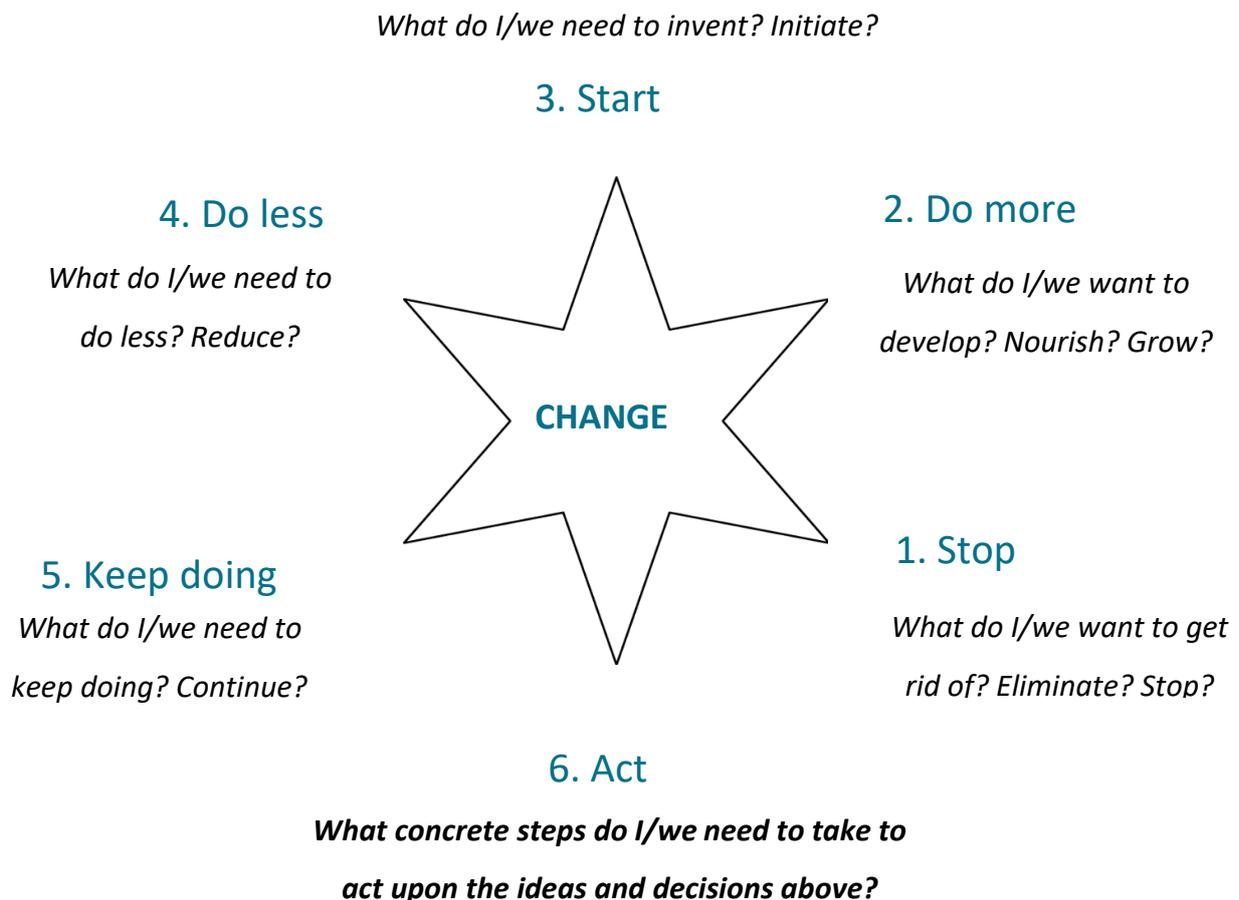
Step 1: FOCUS. Identify what you want to change in your personal or professional life.

Step 2: THINK. Starting from question 1, visit each point of the star and ask yourself the corresponding question.

Step 3: PLAN. Review your Star, revisit your answers over a few days and fine tune your response to your action plan on question 6.

Step 4: DO. Implement your action plan.

Step 5: REVIEW. Monitor your progress regularly. What is working? Not working? What could you do differently and how?



Source: adapted from <https://deliensetdesens.ca/letoileduchangement/>

Working with Laetitia

Has this tool been useful to you?

Would you like to go further in its implementation?

Would you like to adapt this tool to professional domains only ?

Would you want to implement the changes that you have identified?

Would you like to discover more professional and personal development tools to help you reach your goals?

For more information on coaching and the coaching services I provide, visit

www.laetitia.coach.

To book a free-of-charge initial discovery session, I invite you to fill in the form accessible at :

<https://laetitia.coach/book-a-free-initial-session/>

Dare to get started!

I look forward to working with you.

Laetitia