The GURUS goal setting method was created by Develop The Edge after years of work in the coaching industry. It is based on our experiences as well as studies surrounding motivation and goal success, giving you the best chance to achieve your goals.





The Sense-Check stage is a vital part of the process that encourages reflection and evaluation of the progress you have made.

Build time into your day to think about the quality of your actions. Consider how much of what you have been doing has added value and got you closer to where you needed to be?

This Sense-Check sheet includes 12 questions designed to provoke thought, evaluate progress and confirm next steps. There are spaces at the end for you to create your own questions.





Question: What went well?
Question: Why did it go well?
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Question: Did I confront or destroy any limiting beliefs?



Question: What can I learn from this?  Question: Has my purpose or goal changed?	Question: What could have gone better?
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Question: Is there a better way to achieve my mission?
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Question: Can I get feedback from an expert?
Question: When I updated my chosen person on my actions, what did they say?



Question: How do I feel about what happened?	
Question: How much closer am I now to my goal and purpose?	
Question How have Lealabrated my action?	
Question: How have I celebrated my action?	
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Question: What other questions can I ask myself for insight?