

## GURUS - SENSE-CHECK REFLECTION GUIDE

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.

**Sense-Check.**

Is your goal/plan still the best way forward?  
Whats gone well? What needs work?

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.











