



seed and soil
coaching

S.E.E.D. Framework

A FRAMEWORK TO
SET MEANINGFUL GOALS



S

Specific



to your vision

Goals built for the future - specifically a future you deeply desire - are more meaningful and therefore more motivational.

Gut check: what vision is this goal building towards?



E

Expressive of your values

The most powerful goals will express and amplify your values.

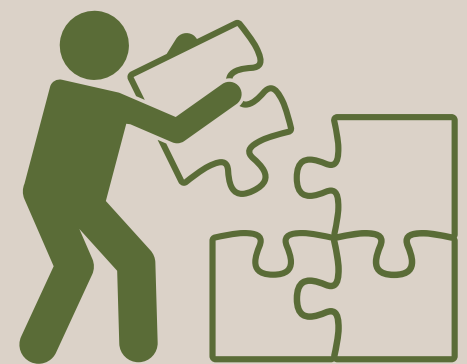
Gut check: what value(s) do you feel connected to because of this goal?



E

Effort required

(+ inspired)



The most fulfilling goals demand some effort. If it's not challenging enough, you will lose interest. If it's too challenging, you may feel too daunted to begin.

Gut check: would this happen even if it wasn't a goal? Am I inspired by the work ahead?



D

Deadline



+ duration determined

Set a real-time deadline or duration to give yourself something solid to push back on regarding progress and accountability.

Set reminders in your calendar to check in on progress and adjust accordingly.

Gut check: can this goal be put on the calendar? If not, it might need to be broken down into more bite-sized pieces!



SEED

**Goals built with this framework
might sound like:**

**I submit the first draft of my article
for review by 6./1/24**

**I practice 5 minutes of daily
meditation 9/24 quiet sitting every
day**

**I cheers my mom's 75th birthday
with her on a vineyard in Italy by
4/1/24**



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WWW.SEEDANDSOILCOACHING.COM
ELIZA@SEEDANDSOILCOACHING.COM



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