



The Compassionate Workplace Workbook: Boosting Mental Well-being & Performance

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Goal One

Use this space to create a sustainable, specific, and measurable goal

My Why:

<p>Wish</p> <p>What is your realistic, measurable, attainable goal?</p>	
<p>Outcome</p> <p>What will be different? How will you feel? How will you perform?</p>	
<p>Obstacle</p> <p>What will get in your way of your wish and the outcome?</p>	
<p>Plan</p> <p>What is an effective way to overcome those obstacle(s)?</p>	

Goal Two

Use this space to create a sustainable, specific, and measurable goal.

My Why:

<p>Wish What is your realistic, measurable, attainable goal?</p>	
<p>Outcome What will be different? How will you feel? How will you perform?</p>	
<p>Obstacle What will get in your way of your wish and the outcome?</p>	
<p>Plan What is an effective way to overcome those obstacle(s)?</p>	

Goal Three

Use this space to create a sustainable, specific, and measurable goal.

My Why:

<p>Wish</p> <p>What is your realistic, measurable, attainable goal?</p>	
<p>Outcome</p> <p>What will be different? How will you feel? How will you perform?</p>	
<p>Obstacle</p> <p>What will get in your way of your wish and the outcome?</p>	
<p>Plan</p> <p>What is an effective way to overcome those obstacle(s)?</p>	

Goal Four

Use this space to create a sustainable, specific, and measurable goal.

My Why:

<p>Wish</p> <p>What is your realistic, measurable, attainable goal?</p>	
<p>Outcome</p> <p>What will be different? How will you feel? How will you perform?</p>	
<p>Obstacle</p> <p>What will get in your way of your wish and the outcome?</p>	
<p>Plan</p> <p>What is an effective way to overcome those obstacle (s)?</p>	



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Canadian population and economy.
One organization at a time.
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