

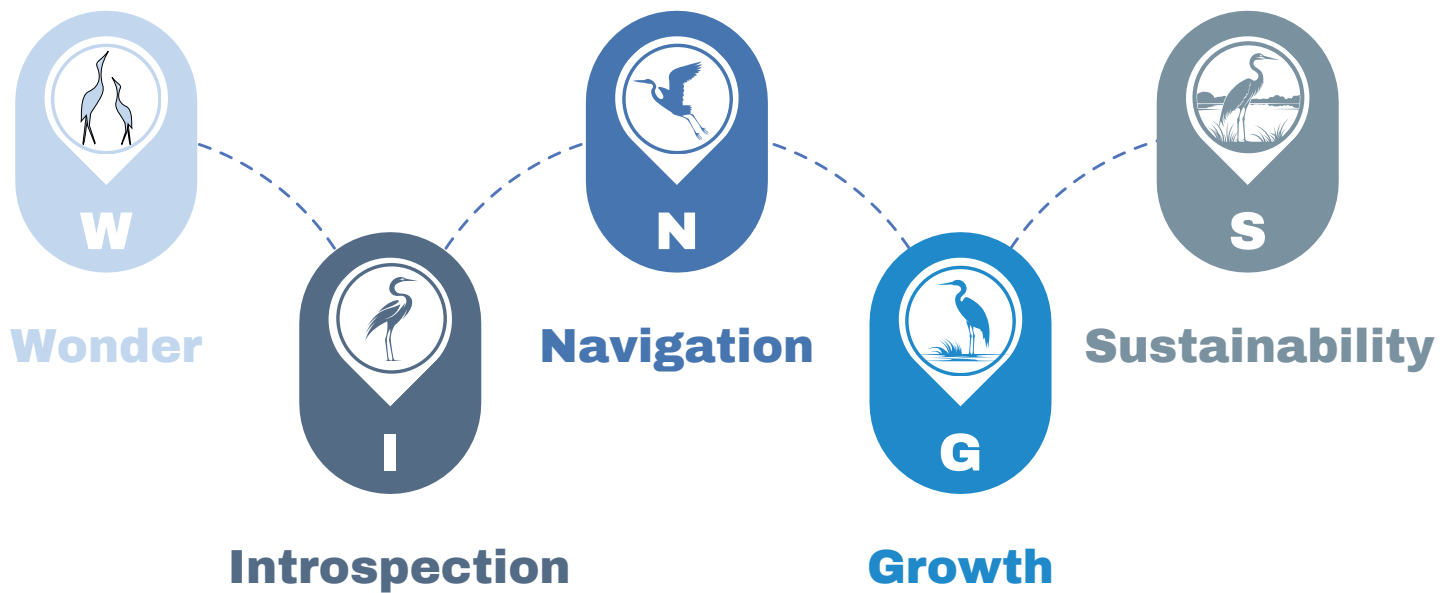
WINGS[®] Success Coaching

#SoarAboveAchieveBeyond

At the heart of transformative growth lies clarity, direction, and purpose. The WINGS[®] Success Coaching Framework empowers individuals to soar above challenges and achieve beyond expectations by following a structured yet personalized approach:

- Wonder inspires curiosity and possibility.
- Introspection deepens self-awareness and reflection.
- Navigation charts the course with actionable strategies.
- Growth fosters skill development and progress.
- Sustainability ensures long-term success and impact.

This resource includes the WINGS Map to guide your journey, and a Flight Plan template to capture and refine your unique path forward. Together, these tools provide the foundation to take flight and achieve your highest potential.



Blue Heron Coaching LLC



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Map

Destination: Set Your Course

Define your vision and goals

- Establish a clear, motivating outcome to serve as your guiding star.
- Example: Live my best life and spread joy along the way.

Waypoints: Mark Milestones

Identify key steps and checkpoints

- Break your goal into smaller, achievable milestones to measure progress.
- Example: Set boundaries, build routines to prioritize wellness, and greet folks with a smile.

Flight Route: Chart Your Actions

Plan actionable next steps

- List 2–3 immediate actions with a timeline to maintain momentum.
- Example: Honor my values, schedule a daily walk to reset and recharge.



Turbulence Plan: Anticipate Challenges

Prepare for obstacles and solutions

- Identify potential setbacks and strategies to stay on course.
- Example: Reframe boundaries and self-care as necessary to performing at my best.

Landing: Celebrate and Reflect

Evaluate progress and celebrate success

- Reflect on your achievements, adjust for the future, and celebrate wins.
- Example: Treat yourself and celebrate your journey of empowering the best version of you.

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FLIGHT PLAN

GOAL

START DATE:

DUE DATE:

PRIORITIZED VALUES

MY WHY

GOAL PROGRESS:

0%

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100%

ACTION STEPS TO ACHIEVE THE GOAL

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES

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FLIGHT PLAN

GOAL SUMMARY

DUE DATE:

CELEBRATE DATE:

LIST YOUR PEOPLE

WHAT WILL BE DIFFERENT
WHEN YOU ATTAIN IT?

GOAL PROGRESS:

0%

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100%

ACTION STEPS TO CLOSE THE GAP

YOUR FUTURE SELF - POST GOAL

YOUR CURRENT SELF - PRE GOAL