

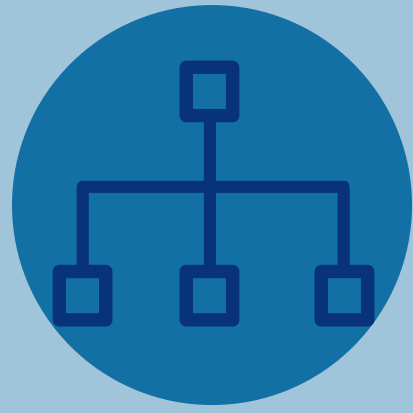
# 4

# DIMENSIONS OF HUMAN BEHAVIOUR



## Environment

- |                       |                                 |
|-----------------------|---------------------------------|
| 1. Purpose            | 5. Attitude                     |
| 2. Goals and outcomes | 6. Ideas                        |
| 3. Values             | 7. Standards for ourselves      |
| 4. Beliefs            | 8. Expectations from each other |



## Structure

1. Categories
2. Benchmarks
3. Limitations
4. Planning and Organisation
5. Strategies



## People

- |                             |                                |
|-----------------------------|--------------------------------|
| 1. Quality of relationships | 4. Feedback                    |
| 2. Discussions              | 5. Response to feedback        |
| 3. Guidance                 | 6. Capability of an individual |



## Implementation

1. Actions
2. Actual KPI's achieved
3. How we actually do something
4. Habits

If you're a coach, consultant, or trainer or someone passionate about personal growth and success, knowing and applying these four dimensions in your life will completely transform the way you set goals (and achieve them).

**Now it's up to you!**