

Laying the Coaching Foundation

1. List your goals(*) for:

- 3 or 6 months

- 1 year (by *month/year*_____)

- 5 years (by *month/year*_____)

(*) A goal might be concrete, an accomplishment of doing; it might be inner work, a change in thought pattern, belief, how we BE in our lives

2. Habits/Beliefs/Thought patterns you already have in place that support these goals

3. Areas where growth is waiting to happen in support of these goals

4. Habits/Beliefs/Thought patterns that would best be released

5. Habits/Beliefs/Thought patterns you are ready to release

6. List areas in which you'd like your coaching experience to support you