

# Completion Log for \_\_\_\_\_

Date	Item to Complete	What did you learn?
	Things to ponder and perhaps write out: <ul style="list-style-type: none"> <li>• Goals for 3 or 6 months, 1 year, 5 years, more</li> <li>• Habits you already have in place that support these goals</li> <li>• Areas where growth is waiting to happen in support of these goals</li> <li>• Habits that would best be released</li> <li>• Habits you are ready to release</li> </ul>	
	Write out five major areas to focus on in coaching	
	Complete the “Living Your Values” form.	
	Inquiry question for the week:	