Laying the Coaching Foundation

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.

1. List your goals(\*) for:
   * 3 or 6 months
   * 1 year (by *month/year\_\_\_\_\_\_\_\_\_*)
   * 5 years (by *month/year\_\_\_\_\_\_\_\_\_*)
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