

Life Coaching Webinar – Assignment

Session Two

Questions:

1. What are your target goals for the year? Evaluate if you are in the zone: importance, amount and attainability

2. Which of the four recipe ingredients is the greatest challenge for you? What can you do to break through this?

Assignment: In the next 2 weeks, create a recipe for success for each of your goals, using the four ingredients. We want you to have movement this month! Recruit the right people to help, determine the information to begin learning, find the experiences you need to have, and create the structured process. Set a target, so that by Session #3 you will have been following your recipe for a least 1 week, and will have some experience, success and failures to learn from at this time.

Activity: Begin with your key relationships and ask them for ideas on where to get your vital information and experience, and how to set up your structured process. Brainstorm with them about this. Run your conclusions past them, so that you know that your ingredients are the kinds that will best move you toward your goal.