

Life Coaching Webinar – Assignment

Session Three

Questions:

1. Now that you are in the process, how do you evaluate your beginning steps of change?
What are you learning about yourself?

2. What are your internal and external obstacles, and how can you attack them?

Assignment: This month, write out what has broken down in the past when you've tried to change, and whether or not these issues are recurring. Concentrate on getting the recurring issues out of your way.