

# Life Coaching Webinar – Assignment

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## Session Eight

1. Meet with your trusted team, and review your past experience with "self" and "other" - and the resulting beliefs you have internalized.
2. Discuss how those beliefs are leading to behavior patterns that keep you from your goal.
3. In order to move forward and reach your goals, what is the necessary role of other people?
4. List the specific beliefs about "self" and "other" you must have to succeed.
5. List the specific ways you must interact with others in order to be successful. How will you monitor your behavior and stay accountable?