

Life Coaching Webinar

Session Three – Pushing Through Copyright John Townsend, Ph.D. 2012

Segment 1

Review of last month's homework

I. Introduction to the Process

II. Initial Motivation Check

III. Review the Way Things Are Working or Not Working

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Segment 2

IV. Assessing and Attacking Obstacles

V. How Familiar is the Pattern?

VI. Power Drains: Time and Energy

Conclusion