

Supportive Structures During Coaching

Please respond to each question in the space provided. What structures would make your life easier and the coaching more effective?

10 DAILY HABITS

Clients that take great care of themselves are able to more with less cost. Make a list of the ten daily habits that will keep you well. Use the Daily Habits Tracking Sheet, if desired. Focus on health and emotional habits.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

EXTENSIVE BOUNDARIES

What can't people do to you or with you, any longer?

1. _____
2. _____
3. _____

HIGH PERSONAL STANDARDS

What high standards are you now willing to hold yourself to, consistently?

1. _____
2. _____
3. _____

THANK YOU.

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