

How to Get the Most Out of Your Coaching Call

What you can do between calls.

Your "Happy Homework"



- ♥ Pick out a new Assessment Tool and take it
- ♥ Establish clear goals based on your needs and values
- ♥ Focus and take the next step on one of your goals
- ♥ Change a behavior
- ♥ "Stretch" — Do something a little differently than usual or do something new
- ♥ Relax and have fun!
- ♥ Remove sources of stress in your life (things you are tolerating)
- ♥ Send your Coach e-mail!
- ♥ Redesign how you spend your time
- ♥ Practice extreme self-care — treat yourself better
- ♥ Look at assumptions/decisions/beliefs that are no longer working for you
- ♥ Tell yourself the absolute truth
- ♥ Eliminate a trigger of some behavior that is adrenaline driven
- ♥ Get the support you need to handle a problem
- ♥ Eliminate something on your Toleration List
- ♥ Keep yourself emotionally, intellectually and physically well

What you can do 24 hours before your call:

E-mail me the answers to these questions:

- 1) What commitments did I make to myself on our last call?
- 2) What successes and wins did I have since our last call?
- 3) What interesting things "just occurred"?
- 4) What things didn't get done?
- 5) What challenges, opportunities or obstacles am I facing right now?
- 6) What do I want the focus of my coaching call to be?

(Note: feel free to change your mind about this at any time!)

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