



Goals

What goals, aspirations, and intentions do you want to accomplish in the first six months of life coaching?

Business: _____

Personal: _____

What do you want to accomplish, change, or create in the first 30 days of life coaching?

Business: _____

Personal: _____

What I hope to gain from this coaching relationship: _____

Other things I'd like my coach to know about me: _____

First Step: De-Cluttering

We put up with, accept, take on, and are dragged down by people and situations that we may have come to ignore in our lives rather than fix them. Now is the time to identify those things that drain your energy for positive activities. As you think of more items, add them to your list.

You may or may not choose to do anything about them right now but just becoming aware of and articulating them will bring them to the forefront where you'll naturally start eliminating, fixing, or resolving them.

Energy Drainers at Work

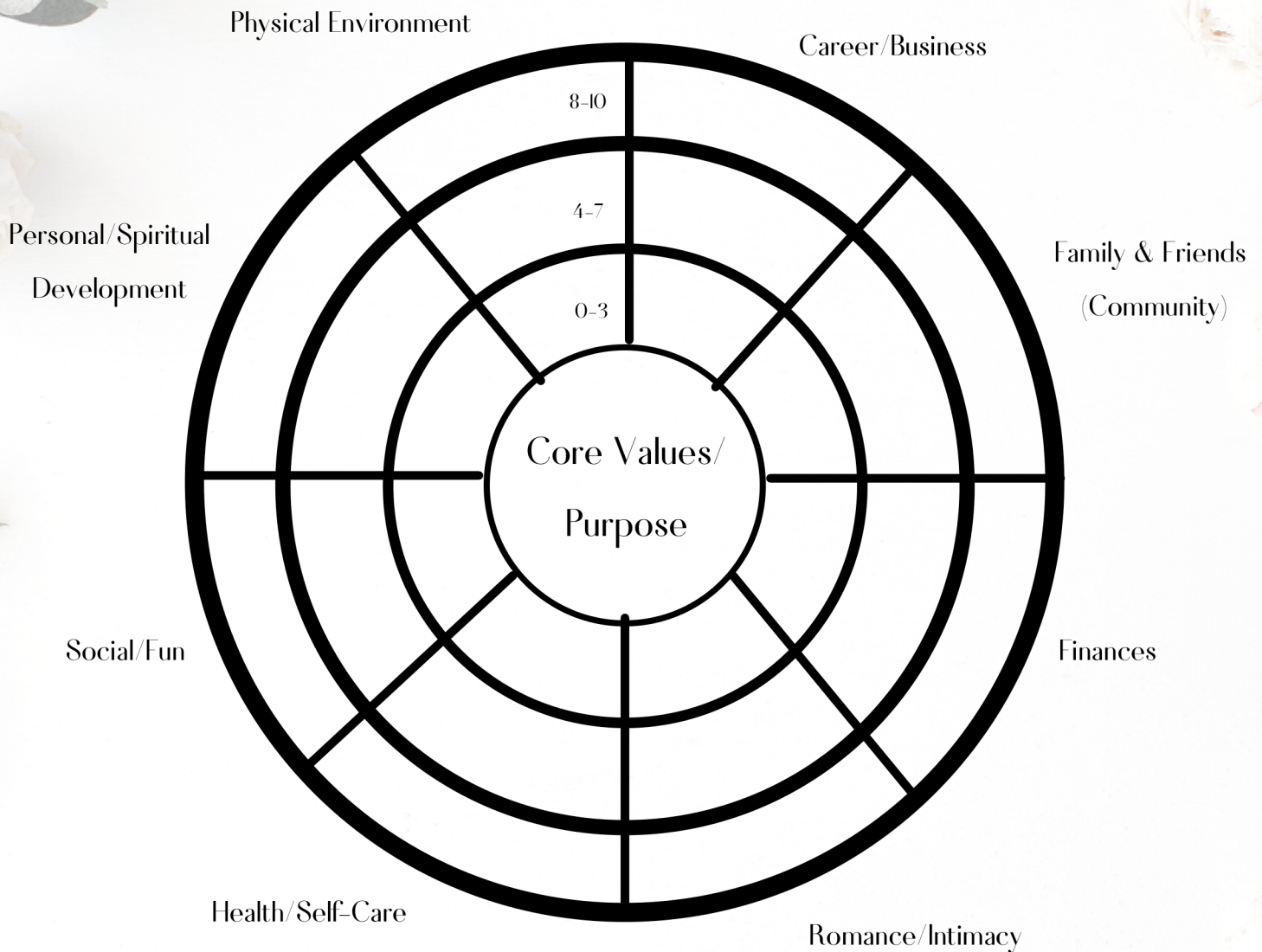
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Energy Drainers at Home

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Coaching Mandala

This hub represents your core values – each area interrelated in an ideal life. Give yourself a score (1-10) and shade or color in the space accordingly. Use this Coaching Mandala as a way to assess the level of satisfaction in each area.



You may score it numerically to measure the improvement desired, or you may use it to have a coaching conversation about gaps between where you are now and where you would like to be.