

DAY 12

KEY HABITS FOR SUCCESSFUL SELF-COACHING

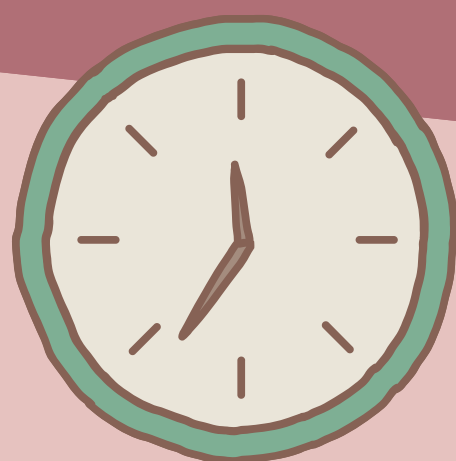


1. Schedule

Plan in your self-coaching time. Colour code it in your diary. Make sure people know so they don't interrupt you

2. Consistency

Stick to your scheduled self-coaching time slots. Make sure they are regular e.g. weekly/ daily. Even as little as 10 minutes is a good starting place



3. Journal



Use a note-book to write down (or draw) your thoughts, feelings, ideas, goals. Great for cathartic outpourings and for checking how far you've come, as well as patterns

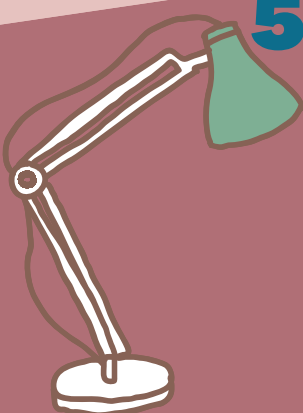
4. Try Something New

Regularly try different styles of activity - e.g. group coaching session, independent PDF exercise, audio instruction activity etc...



5. Create The Right Environment

Create a calm, fun environment for creativity with good lighting and a comfortable workspace. The 'right environment' is whatever is 'right' for YOU.



6. Be Honest, and Share

Be honest with yourself, tune into your heart and body to listen deeply. Share your challenges within the membership e.g. in group coaching sessions, at coffee catch ups