

COACHING GUIDE MODULE 2

LESSON 5: NEXT STEPS

Now that you have a better idea of what's next, the exercise in this section will leave you with an action plan to implement to help you further clarify what is your best next path. Remember to combine the needs and desires of your head and your heart. Be both creative and logical, linear and imaginative, and balance internal quietness and external action. Source from your heart and execute from your head. Turning an idea into reality requires us to take steps, learn from them, and take another step. Step into and do one thing. Tweak and analyze how that worked and adjust if need be. Take another step and evaluate again. Don't forget to measure your results each step along the way.

Use a notebook or journal to complete the answers in the exercise below. Reflect back on Lessons 1-4 to give you additional ideas and insights.

EXERCISE: ACTION PLAN

1. List 3 actions you will take in the next 30 days. Be as specific as you can and make sure you put in a 'by when' date for each action. Example 1: Start meditating starting Monday for 10 minutes a day. Example 2: Research and sign up for online course to develop my knowledge in the area of x within 60 days.
2. List 1 or 2 key practices that will support you in taking the actions above. A practice is something you may not be good at yet but need in order to get to where you want. Example 1: Download headspace app on my phone by end of the week. Example 2: At the end of each day, journal at least one thing I did that day to support the health of my body. Example 3: Hire a coach to learn how to do unleash your potential more and remove the roadblocks holding you back.
3. List specifically who in your network of support will you ask to help you keep your commitments to your action plan. Identify at least 3 people.

FOLLOW UP

If you want more help moving yourself forward faster, reach out to me at Wendy Capland, wcapland@visionquestconsulting.com to schedule a one hour 1:1 Coaching Session. Investment-\$500.