

COACHING



Download materials here:

<https://www.saraebrown.com/coaching-call>

Role of the Coach

Goals Clarification.

Obstacles handled.

Accountability
reminder.

Limiting Belief
Elimination.

Support and
Cheerleader.





Building Your Support Team:

Success is a Team Sport

Accountability Partner

Peer Coaching

Mastermind Groups/Mentoring

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Desired Outcome:

**A Goal that is Measurable in
Space and Time and action
toward it**

How much ?

By when ?

Life Purpose Worksheet

Complete the following steps to help you determine your Life Purpose and write a Life Purpose statement.

1. List two of your unique personal interests, *such as researching and teaching*.
 2. List one or two of your strengths *such as being highly concentrative and empathetic*.
 3. Assume the world is perfect right now. What does this world look like? How is everyone interacting with everyone else? What does it feel like? This is a statement, in present tense, describing an ultimate condition, the perfect world as you see it and feel it. Remember a perfect world is a fun place to be. *Example: Women are economically and socially empowered to do what they want to do.*
 4. Combine the three prior subdivisions of this paragraph into a single statement.
Example: My purpose is to research and teach women to use proven tools to increase their economic and social empowerment.
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MY VISION

- FINANCIAL, INCOME, NET WORTH
- BUSINESS, PROFESSION, CAREER
- FUN TIME, RECREATION, HOBBIES, TRAVEL
- HEALTH, FITNESS, PHYSICAL
- RELATIONSHIPS, FAMILY & FRIENDS
- PERSONAL, PROJECTS, LEARNING, PURCHASES
- CONTRIBUTION, SERVICE, COMMUNITY, LEGACY



Other Tools

Life Purpose Worksheet

Review Interests, Strengths, and Needs

101 Goals before I die

20 things I love to do

What do you Want?

Desired Outcome:

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Toward it**

How much ?

By when ?