

10 Minute Self-Coaching Exercise:

Print off a copy of this exercise, grab yourself 10 minutes of quiet time and write down the answers as you go!

What is the outcome that you want?

How will you know that you've achieved it?

What's happening right now?

What resources do you have at your disposal to resolve the situation?

What could you do about it?

If you could try anything and not be judged, what would you do?

What *are* you going to do about it?

When will you do that?

What can you do to remove any barriers in your way?

What do you notice after doing this exercise?

Now that you've completed this self-coaching exercise, put it somewhere you'll see it regularly – it might be on your fridge door, a board near your desk or even in your bag or briefcase. This will remind you what you've agreed with yourself that you'll do to achieve your goal.