
NAME:

DATE:

LIFE COACHING

Workbook



BLUE HERON COACHING
An empowerment enterprise



FIND OUT WHO YOU ARE
AND DO IT ON PURPOSE.

Dolly Parton



blueheroncoachingllc.com



cs@blueheroncoachingllc.com



217.776.9599



DAILY SUCCESS HABITS

This resource builds a simple, personal success framework in which to structure your days. By intentionally designing your foundation, you can feel more connected, confident, and fully capable to address whatever comes your way.

My Top 3 Priorities in Life

My Top 3 Stressors in Life

What supportive daily habits could you introduce?

(Write up specific and measurable actions that best support your life)

Habits

Benefit to Me

Which 3 Habits will you commit to?

I will start tomorrow
I will start next week
I will start next month

Take stock and TAKE ACTION

NOTE: The questions are intentionally vague - so write down whatever pops into your mind.

1. **Tolerances** (What are you putting up with at the moment?)
2. **Shoulds** (What do you think you should be doing right now?)
3. **Frustrations** (What things are frustrating you?)
4. **Desires** (What do you really want right now?)
5. **Feelings** (How do you: A. Currently feel and B. Want to feel?)

Review your responses, then envision and write down what you will do to address your insight(s) within the next seven days:

1st Key Observation

Action 1

2nd Key Observation

Action 2

WEEKLY SUCCESS *Planner*



Date:

My Top 3 Priorities

My Quarterly Goals

What I Must Remember

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Obstacles:

Distractions:

Action Steps:

What Will Be Different



WEEKLY REVIEW

What have I achieved this week?

What have I learned this week?

What could I do differently next week?

“

Growth is not about fixing what's broken, but about nurturing what's possible. Change flows when we let it, and perfection is just a myth that keeps us small.

