NAME: DATE:

LIFE COACHING





BLUE HERON COACHING An empowerment enterprise



FIND OUT WHO YOU ARE AND DO IT ON PURPOSE.



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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)

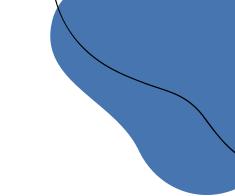
Habits

Benefit to Me

Which 3 Habits will you commit to?

l 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





My Top 3 Priorities	My Quarterly Goals
What I Must Remember	Obstacles:
	Distractions:
	Action Steps:
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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.

