



Gutsy Guidelines to Breakthrough to Success

How Coaching Calls work

At the start of every coaching call, please share what's new and good in your life. This can be receiving a small act of kindness from a stranger or allowing yourself ten hours of sleep. Speaking out loud what you appreciate and are present to, creates a vortex of energy around you, which will support the answers you need through coaching. In other words, you are allowing your higher spirit in, to guide you in that moment.

Before your coaching call ends, please verbally commit to at least three things that you will action right away. These can be career or non-career related - anything which you intuitively feel are the next best steps.

Weekly Accountability

Every Sunday you will receive an accountability e-mail to support you as you move through the online course and through your coaching sessions. Each e-mail will ask you to grow with a quick exercise to keep you present to what you want. These should not be time-consuming. They are simply meant to keep you aligned to the goals you shared on your breakthrough questionnaire.

Three to Five Daily Things

Every weeknight, please list three to five things you will work on the next day to move you closer to your goals. Complete this daily so you are clear on what your day looks like and are committed to each of them. Pick things that are reasonable and not a super time leak. If, for example, you must complete a presentation and you know that will take hours, then that's your ONE thing and no more. Be good to yourself. By the end of the week, you should be able to look back and recognize all that you have accomplished through a steady consistent pace, staying the course with confidence. 😊

Every Sunday, please prepare a "My FOCUS this week" outline, being intentional

Example:

#1 prepare presentation for business area

#2 do outreach to save my seat in training or get trained in a new skill

#3 delegate activities to someone on my team

#4 schedule meeting with someone, secure buy-in to move project forward.