

Time

INVESTMENT

Be More Peaceful & Productive
as You Achieve Your Goals



Best Practices

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Best Practices

To get the best results, here are some best practices:

- Set aside time after each coaching session to go through the action guide.
- When you review the action guide, put reminders in your calendar and/or blocks of time depending on the length of the task to take action on the items from the action guide
- Heighten your awareness of what's going on, how you're feeling, and what's working or not working for you. Updating the Success Form throughout the week helps with this process.
- Treat everything as an experiment where you're adapting and adjusting until you get the desired results.
- Be kind to yourself and release judgment. This needs to be a safe space to be vulnerable, make mistakes and have slip backs. That's a natural part of the learning process and the key is to observe, not judge, and to forgive yourself and others quickly.



Best Practices

- Believe in yourself and your ability to make progress.
- Treat your weekly and daily plans like a sketch not a marble sculpture. Life happens and you want to set the intention but not be too rigid.
- Turn your time and challenges over to God as you understand Him. This offers a huge emotional release.

The strength of your routines at the end of this program will be based on your commitment to practice and refine them in between coaching sessions.

Sometimes you will feel worse before you feel better because we're breaking up the scar tissue of old habits and establishing new habits that will support you in investing your time in your goals. When this happens, the key is not to pull back but to press in to establish a new normal.

To Your Brilliance!