## Your Coaching Form

This document is to be saved to your phone, PC or tablet, which ever you use most often and have the easiest access to.

It wants to be your go-to, in case you find yourself out in the woods at any time.

The basis of yourself, and understanding who you are and where you are at is addressing your Core Personal Values. These are the unspoken, unseen and powerful underlying rules you live by. They operate within the majority of your decision making, responses and emotions.

In order to identify yours, choose your top 5 from the following list in order of importance:

|  |  |  |  |
| --- | --- | --- | --- |
| **Acceptance** | **Compassion** | **Focus** | **Endurance** |
| **Accomplishment** | **Competence** | **Foresight** | [**Energy**](https://scottjeffrey.com/best-supplements-for-energy/) |
| **Accountability** | **Concentration** | **Fortitude** | **Enjoyment** |
| **Accuracy** | **Confidence** | **Freedom** | **Enthusiasm** |
| **Achievement** | **Connection** | **Friendship** | **Equality** |
| **Adaptability** | [**Consciousness**](https://scottjeffrey.com/archetypes-psychology/) | **Fun** | **Ethical** |
| **Alertness** | **Consistency** | **Generosity** | **Excellence** |
| **Altruism** | **Contentment** | **Genius** | **Experience** |
| **Ambition** | **Contribution** | **Giving** | **Exploration** |
| **Amusement** | **Control** | [**Goodness**](https://scottjeffrey.com/good-person/) | **Expressive** |
| **Assertiveness** | **Conviction** | **Grace** | **Fairness** |
| **Attentive** | **Cooperation** | **Gratitude** | **Family** |
| [**Awareness**](https://scottjeffrey.com/self-awareness-activities-exercises/) | **Courage** | **Greatness** | **Famous** |
| **Balance** | **Courtesy** | **Growth** | **Fearless** |
| **Beauty** | **Creation** | [**Happiness**](https://scottjeffrey.com/authentic-happiness/) | **Feelings** |
| **Boldness** | [**Creativity**](https://scottjeffrey.com/creative-process/) | **Hard work** | **Ferocious** |
| **Bravery** | **Credibility** | **Harmony** | **Fidelity** |
| **Brilliance** | **Curiosity** | **Health** | **Intensity** |
| [**Calm**](https://scottjeffrey.com/how-to-breathe-properly/) | [**Decisive**](https://scottjeffrey.com/inner-guide/) | **Honesty** | **Intuitive** |
| **Candor** | **Decisiveness** | **Honor** | **Irreverent** |
| **Capable** | **Dedication** | **Hope** | **Joy** |
| **Careful** | **Dependability** | **Humility** | **Justice** |
| **Certainty** | **Determination** | **Humor** | **Kindness** |
| **Challenge** | [**Development**](https://scottjeffrey.com/personal-development-plan/) | [**Imagination**](https://scottjeffrey.com/use-your-imagination-create/) | **Knowledge** |
| **Charity** | **Devotion** | **Improvement** | **Lawful** |
| **Cleanliness** | **Dignity** | **Independence** | [**Leadership**](https://scottjeffrey.com/visionary-leadership/) |
| **Clear** | **Discipline** | **Individuality** | **Learning** |
| **Clever** | **Discovery** | **Innovation** | **Liberty** |
| **Comfort** | **Drive** | **Inquisitive** | **Logic** |
| **Commitment** | [**Effectiveness**](https://scottjeffrey.com/five-habits-of-the-effective-executive/) | **Insightful** | **Love** |
| **Common sense** | **Efficiency** | **Inspiring** | **Loyalty** |
| [**Communication**](https://scottjeffrey.com/principles-of-effective-communication/) | [**Empathy**](https://scottjeffrey.com/self-leadership/) | **Integrity** | [**Mastery**](https://scottjeffrey.com/self-mastery/) |
| **Community** | **Empower** | **Intelligence** | **Maturity** |
| **Meaning** | **Reason** | **Skillfulness** | **Traditional** |
| [**Moderation**](https://scottjeffrey.com/middle-way/) | **Recognition** | **Smart** | **Tranquility** |
| [**Motivation**](https://scottjeffrey.com/intrinsic-motivation-examples/) | **Recreation** | **Solitude** | **Transparency** |
| **Openness** | **Reflective** | **Spirit** | **Trust** |
| **Optimism** | **Respect** | [**Spirituality**](https://scottjeffrey.com/spiritual-awakening-signs/) | **Trustworthy** |
| **Order** | **Responsibility** | **Spontaneous** | **Truth** |
| **Organization** | **Restraint** | **Stability** | **Understanding** |
| **Originality** | **Results-oriented** | **Status** | **Uniqueness** |
| **Passion** | **Reverence** | **Stewardship** | **Unity** |
| **Patience** | **Rigor** | **Strength** | **Valor** |
| **Peace** | **Risk** | **Structure** | **Victory** |
| [**Performance**](https://scottjeffrey.com/peak-performance/) | **Satisfaction** | **Success** | **Vigor** |
| **Persistence** | **Security** | **Support** | [**Vision**](https://scottjeffrey.com/personal-vision-statement/) |
| **Playfulness** | **Self-reliance** | **Surprise** | [**Vitality**](https://scottjeffrey.com/zhan-zhuang/) |
| **Poise** | **Selfless** | **Sustainability** | [**Wealth**](https://scottjeffrey.com/financial-freedom/) |
| [**Potential**](https://scottjeffrey.com/self-mastery/) | **Sensitivity** | **Talent** | **Welcoming** |
| **Power** | **Serenity** | [**Teamwork**](https://scottjeffrey.com/seven-attributes-world-class-team-member/) | **Winning** |
| **Present** | **Service** | **Temperance** | **Wisdom** |
| **Productivity** | **Sharing** | **Thankful** | **Wonder** |
| **Professionalism** | **Significance** | **Thorough** |
| **Prosperity** | **Silence** | **Thoughtful** |
| **Purpose** | **Simplicity** | **Timeliness** |
| **Quality** | **Sincerity** | **Tolerance** |
| **Realistic** | **Skill** | **Toughness** |

Feel free to take your time. This can require deep thought and reflection, and the degree to which you practice that will reflect the time required to perform it here.

Which are you top 5 in order?

|  |
| --- |
| **MY TOP 5 VALUES ARE:** |
|  |
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|  |

For this section, answer the following questions:

1. Where do you see these values clearly reflected in your everyday life?
2. Where do you see these values lacking in your every day life?
3. How can you instil more of these values in to your every day life?

This following segment is vital for you to keep track of how you are getting on with your goals, and how you feel in your life.

Here’s what to do: Only complete step 1-3

1. Right click on the chart below and select “Edit Data”.
2. In the small Excel pop up window, fill out the “Start” column for each measurement. Mark it out of 10, based on how you feel it is going, with 10 being the highest rating.
3. Once you have input the numbers, simply close the Excel window and you should see the chart completed with a graphic representing your own Starting Wheel.
4. (To be completed later) Right click on the chart below and select “Edit Data”
5. In the small Excel pop up window, fill out the “Finish” column for each measurement. Mark it out of 10, based on how you feel it is going, with 10 being the highest rating.
6. Once you have input the numbers, simply close the Excel window and you should see the chart completed with a graphic representing your own Finishing Wheel.

This wheel helps you understand where things have changed, and to what degree.

Now on to the final section. What are you wanting to achieve?

Type out, in just one sentence, what you are wanting to achieve.

[Using just 1 sentence, what are you wanting to achieve?]

What will your life be like once you have achieved this goal? You can use as many words as you like.

[Using as many words as you like, explain what you see you life being like after achieving this goal?]

What have you already tried in attempting this goal?

[Write down what you have tried]

What have you not yet attempted or considered in how this goal could be achieved?

[Write down 5 things you have not yet attempted or considered towards achieving this goal]

Of what you have already tried and not considered or attempted, pick ONE way you wish to focus on to achieve your goal

“From now on, I will only…”

Follow this option for as long as you deem necessary. I recommend 2 months, however your goal could be something that would take 6 months, a year or 1 week. Whatever amount of time, put a date in your calendar to remind you to return to this form, and complete the Wheel Chart steps 4-6.

Should you come to any challenges, or difficulties within this form, or during progress, feel free to email me via the website describing where you are requiring assistance.

Now go and get your life!