



READY AND RISING

Performance Coaching Session

REFLECT

What did I learn from 2020?

Things to Consider:

- What new habits have you picked up?
- What skills did you acquire?
- What did you learn about yourself?
- What did you overcome?
- What did you achieve?

Let what you have learned this past year become your stepping stones for greatness!

What stones haven't you put down yet?

What things are holding you back or weighing you down?

How can you release these things?

REVIVE

What makes me feel good?

Reframe your thinking

I've never done it before.	It's an opportunity to learn something new.
It's too complicated.	I'll tackle it from a different angle.
There's no way it will work.	I can try to make it work.
I'm not going to get any better at this.	I'm going to learn from what didn't work and give it another try.

Try it! What negative messages do you need to reframe?

REFOCUS

Who do I want to be in 2020?

What do I need to do in order to for that to happen?

Things to consider:

- Do I need to ask for help?
- Do I need new daily routines?
- Do I have the resources I need?
- Do I believe I can achieve my goals?

What is my why?

Personal Mission Statement

“A personal mission statement defines who you are as a person and identifies your purpose. It explains how you aim to pursue that purpose, and why it matters so much to you. ”

- Dave Ramsey

Three Components of a Mission Statement

1. Your skills and abilities (what you like to do)
2. Your personality traits (how you operate)
3. Your values, dreams and passions (why you want to excel)

My mission statement
