

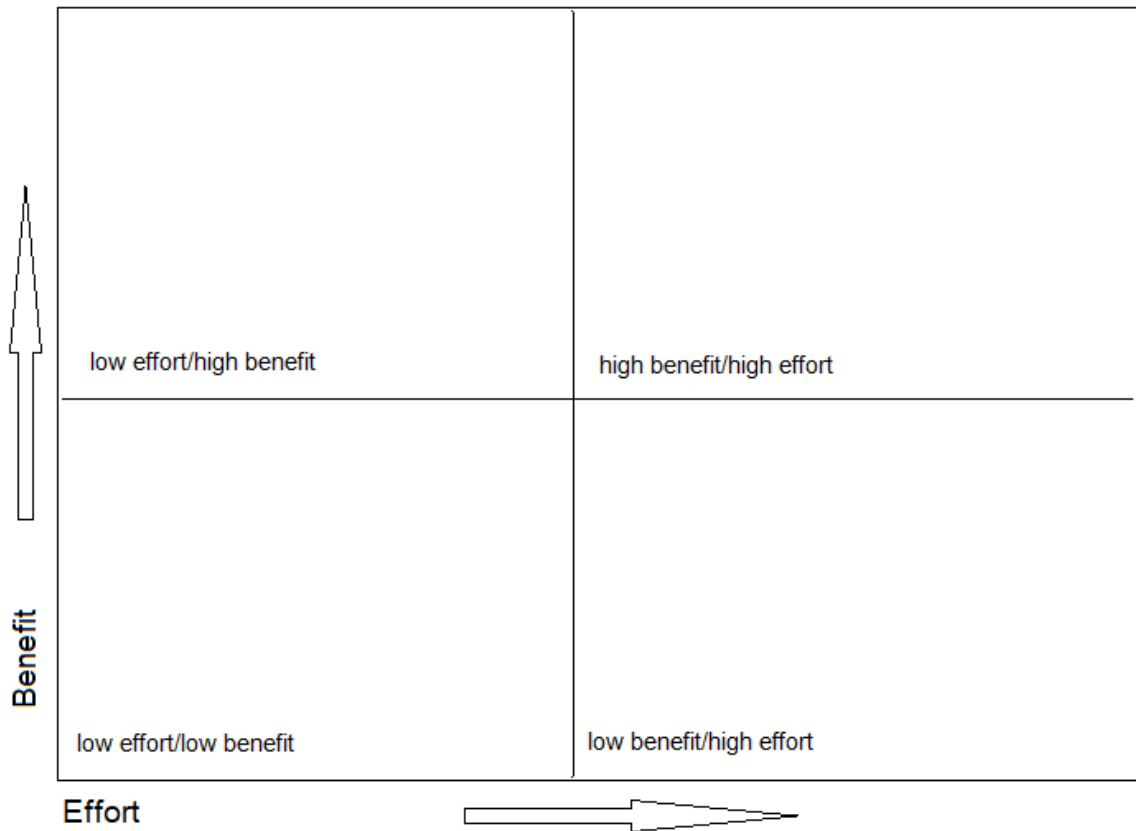
5 Steps to coach yourself to a GREAT year



1) List top 5 things you think will benefit you in 2018.

Action	Score benefit 1-10	Difficulty 1-10?

2) Plot them:



3) Pick one. Ask yourself "Do I really want this? How is it going to impact on me?"

Positively: _____

Negatively: _____

4) 1st small step to achieve this: _____

5) How will I be held accountable? _____

(eg: get a friend to call me, tell everyone I'm going to do this, get a coach, set up an email reminder, etc)