

COACHING SESSION 2

REDEFINE YOUR PRIORITIES



GOAL

Redefine your priorities based on your core values
Write down your life purpose statement

DID YOU ACHIEVE YOUR GOAL?

WHAT HELPED YOU MOST?

WHAT WENT WELL DURING YOUR SESSION?

WHAT DIDN'T GO SO WELL?

WHY?

WHAT DID YOU LEARN ABOUT YOURSELF?

WHAT ACTION CAN YOU TAKE TO IMPLEMENT WHAT YOU HAVE
LEARNT?

WHAT SUPPORT DO YOU NEED?