

Coach Yourself to Success

To be able to effectively Coach yourself, you first have to be clear about who you are and where you want to go.

Identify Your:

Strengths: What are your special skills? What is fun for you? What do you like to do?

Challenges: Old habits to overcome, things that get in the way of achieving your goals.

Become Clear About Your Values: To be successful you must live a life of integrity, in which your values and beliefs determine how you act. It's difficult to function if you're trying to do something or be someone that feels wrong for you.

Identify Energy Drains: These are often things that you are tolerating or that distract or annoy you.

Set Boundaries: Decide which energy drains you'd like to change or eliminate from your life. Then set boundaries around yourself or them so they will no longer affect you.

Identify Goals: Be specific about your goals- What, How, Who and When.

Create Action Plans: Identify *what* needs to be done (the ultimate goal), *who* needs to do it, *how* they will do it, *when* it will be done, and *how* the results will be measured. Use the **S.M.A.R.T Goals** Setting guidelines and the Goal Action Worksheet to make your plan specific.

Prioritize and organize your schedule. Time management is important to keep yourself motivated and on track as you move toward your goals.

Develop a system for accountability. Create a system for yourself or with others, to check on your progress. This will help insure follow through

Provide Motivation and Support for yourself:

Find ways to remind yourself of why it's important to achieve this goal. Make sure you have what you need to meet your goal. Tools, knowledge, ability, etc.

Focus on Success: Hold the vision of success. Success of individuals will lead to success of the team.

Give Credit and Praise: Appreciate and reward yourself for your efforts.

Be gentle, supportive, encouraging, patient and nonjudgmental with yourself.