

YOUR LOGO

# Workbook

*Coaching Worksheets*

Session No.1





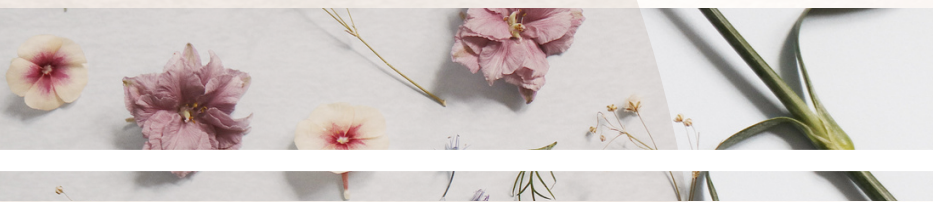
# INTRODUCTION

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Kind Regards,  
**Elisa Brown**

*Elisa Brown*





# How To Make Enough Money From A Blog To Quit Your Job

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# Coaching Intake Form

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First Name:

Last Name:

Address

City

State/Povince

Country

Mobile Phone

Home Phone

Email

Comments:

Occupation

Education

Hobby

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# Coaching Intake Form

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First Name:

Last Name:

Email

Phone

**Type of Appointment:**

Online

In-person



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Write 3 things in your personal/professional life of which you are most proud.

What sets you apart from individuals who are in the same field as you?

Write 3 things in your personal/professional life of which you are most proud.

# 4 questions before start

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nam aliquam nulla condimentum nunc mollis blandit.

Should I really change?

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Am I comfortable with what I'm doing?

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Am I happy where I am today?

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What do I want to change in my life?

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# Goal Setting Worksheet

You can set mini milestones for yourself to achieve your goals as  
you go

|                 | <b>Self Care</b><br><i>Your Health &amp; Happiness</i> | <b>Relationships</b><br><i>Family &amp; Friends</i> | <b>Personal Development</b><br><i>Self Education</i> | <b>Resources</b><br><i>Money &amp; Time</i> |
|-----------------|--|---|--|---|
| <b>3 MONTHS</b> |  |   |  |   |
| <b>6 MONTHS</b> |  |   |  |   |
| <b>9 MONTHS</b> |  |   |  |   |
| <b>1 YEAR</b>   |  |   |  |   |

*Make it happen*

# 6 Categories for Goal Setting

6 key categories of your life - so you can work on multiple self-actualization goals.

|   |  |  |
|---|--|--|
| <p><b>Spiritual</b><br/><i>This is that inner part of yourself.</i></p>               | <p><b>Personal Development</b><br/><i>What am I going to do to grow myself?</i></p>      | <p><b>Self Care</b><br/><i>Your Health and Well-Being</i></p>        |
|   |  |  |
| <p><b>Family</b><br/><i>Improve family relationships by setting family goals.</i></p> | <p><b>Business/Career</b><br/><i>Put your business or your career goals in here.</i></p> | <p><b>Social</b><br/><i>Your relationships outside of family</i></p> |
|   |  |  |

*Make it happen*



# Goal Setting

| Main Goal 1     | Action Steps             |
|-----------------|--------------------------|
|                 | <input type="checkbox"/> |
|                 | <input type="checkbox"/> |
|                 | <input type="checkbox"/> |
| <i>Due Date</i> |                          |
| Main Goal 2     | Action Steps             |
|                 | <input type="checkbox"/> |
|                 | <input type="checkbox"/> |
|                 | <input type="checkbox"/> |
| <i>Due Date</i> |                          |
| Main Goal 3     | Action Steps             |
|                 | <input type="checkbox"/> |
|                 | <input type="checkbox"/> |
|                 | <input type="checkbox"/> |
| <i>Due Date</i> |                          |

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# Your Goals

**Where do you want to be in 3 months?**

LIFE

BUSINESS/CAREER

**Where do you want to be in 6 months?**

LIFE

BUSINESS/CAREER

**Where do you want to be in 1 year?**

LIFE

BUSINESS/CAREER

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# Weekly Plan Review

DATE

## TOP 3 GOALS OF THE \_\_\_\_\_

01

02

03

## APPOINTMENTS & EVENTS

## TO DO

## BOOK I'M READING

## SKILL I'M PRACTICING

## HABBITS

S M T W T F S

## END OF THE WEEK REVIEW

WHAT WORKED?

WHAT DIDN'T WORK?

DO MORE

DO LESS

GRATITUDE

EPIPHANY

*Make it happen*

# Goal Planner

YOUR GOAL



TARGET 1

TARGET 2

TARGET 3



TO DO

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- 
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TO DO

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TO DO

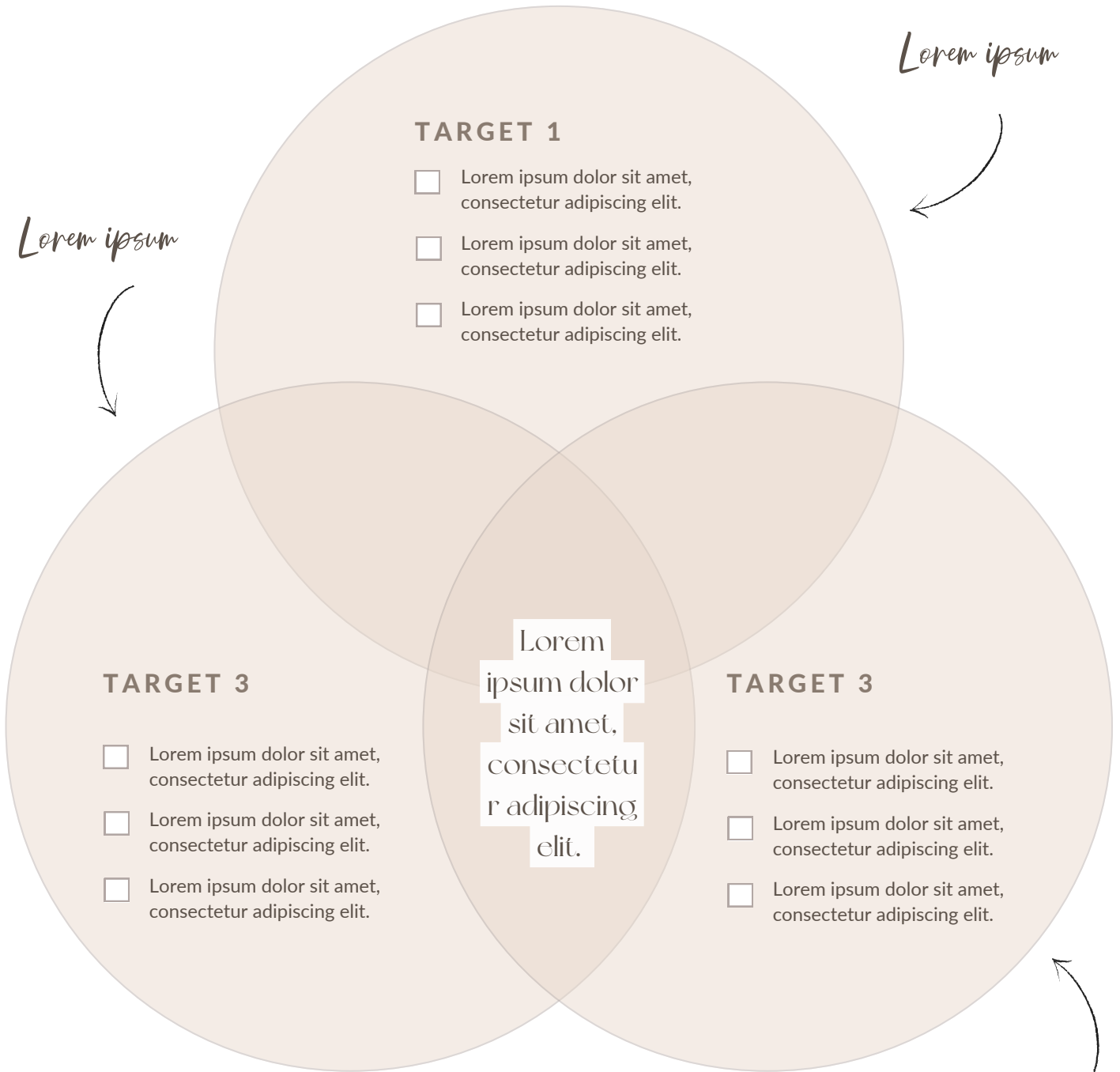
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*Make it happen*



# Diagram Planner

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*Make it happen*

*Lorem ipsum*

# Things to Do

*Make it happen*





# Priority Matrix

The most powerful way to prioritize what to do and build more effective roadmaps.

|               | URGENT | NOT URGENT |
|---------------|--------|------------|
| IMPORTANT     |        |            |
| NOT IMPORTANT |        |            |

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# Habbit Tracker

MONTH

## MORNING ROUTINE

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S M T W T F S

## SPORT

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S M T W T F S

## FOOD

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S M T W T F S

## SELF-CARE

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S M T W T F S

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# Weekly visual blog

MONDAY

FRIDAY

TUESDAY

SATURDAY

WEDNESDAY

SUNDAY

THURSDAY

SUMMARY

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# Journaling

THREE THINGS I'M GRATEFUL FOR TODAY \_\_\_\_\_

01

02

03

NOTES:

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# Smart Goals

DATE

S

SPECIFIC (DESCRIBE YOUR GOAL)

M

MEASURABLE (HOW CAN YOU TRACK PROGRESS?)

A

ACHIEVABLE (IS THIS POSSIBLE? HOW?)

R

RELEVANT (DOES THIS GOAL ALIGN WITH THE BIGGER PICTURE?)

T

TIMELY (WHAT IS THE DEADLINE?)

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# Setting Life Goals

| Categories           | What I am doing Well? | Where I need improvement? | My Goals |
|----------------------|-----------------------|---------------------------|----------|
| Personal Development |                       |                           |          |
| Self Care            |                       |                           |          |
| Family               |                       |                           |          |
| Spiritual            |                       |                           |          |
| Business/<br>Career  |                       |                           |          |
| Social               |                       |                           |          |

*Make it happen*

# Thank you!

*You're going the  
right way!*



**Elisa Brown**

Professional Life Coach



@YourBrandName



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