
SELF-COACHING STEPS

- 1. **Notice** that you're at a choice point. *Nicely done*—this is the hardest part. It's okay to think these thoughts and feel these feelings right now.
- 2. **Choose** your goal and a tool. Decide what you really want for yourself in the long term. Pick a tool that you can use *right now* to push you in that valued direction. Write it down to make it more real.
- 3. **Coach** yourself. Say something to yourself that's *strategic* and *supportive*. Say it **out loud** if necessary!

Self-Coaching step	
Notice that you're at a choice point and accept your thoughts and feelings.	
Choose a goal and tools.	
Coach yourself.	

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