

## 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.