



Courage

Courage: To act in new ways not even thought possible before.

Now that you have clarity about the issues you are facing and conviction regarding desired change, you need the courage to step into more abundant living!

Your Life Coach will come alongside you to help you move from focusing on the problem to seeing the possibilities and opportunities.

Your coach will also support you as you execute your determined changes.

In the context of individual coaching, taking courageous action to promote change can involve:

- Mapping out a long-term plan.
- Developing workable small steps.
- Enlisting the support of key players.
- Advance assessment of possible obstacles.
- Envisioning the preferred future.
- Reviewing the best possible choices from all your available options.
- Making decisions about actions you will take.
- Role-playing with your coach to plan how you will carry out your determined course of action.
- Setting personal deadlines.
- Receiving accountability from your coach.
- Follow up and adjustment based on data that comes from trying new approaches.