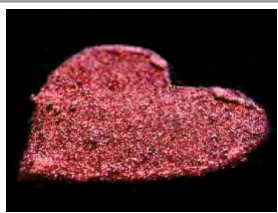


# Life Coaching

***“There is a great deal of Human Nature  
in people.”***

- Mark Twain



## My Action Steps

What actions need to be completed between now and the next session to get me achieving my Goals?

### Goal 1

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### Goal 2

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### Goal 3

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What are some of the things that might prevent me from doing my Action Steps?

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How can I deal with these things in advance?

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## My Action Steps Contract

I hereby contract with myself:

I, .....,  
 take full and personal responsibility for doing whatever it takes to  
 complete the action steps I have agree upon with my coach.

I formally agree to see this project through. I have listed the Action Steps  
 that I believe are necessary for me to achieve my dreams and live the life  
 I would love to live. I have planned ahead and at this time see no reason  
 why I cannot complete my Action Steps. I hereby declare that I will  
 complete my Action Steps by their allotted times. I also commit that, in the  
 event that I do not complete my Action Steps, I will make a donation in the  
 amount of ..... to the charity of my choice and/or take the steps  
 listed below.

I am living in the solution and being the person I need to be.

Signed .....

Witnessed .....

Dated .....

**If I do not complete my action steps, I undertake to do the following:**

.....  
 .....  
 .....