



FREE
Coaching
Tools

Unlock Your Student's Potential
Confidence, Clarity, Passion, Purpose

Unlock

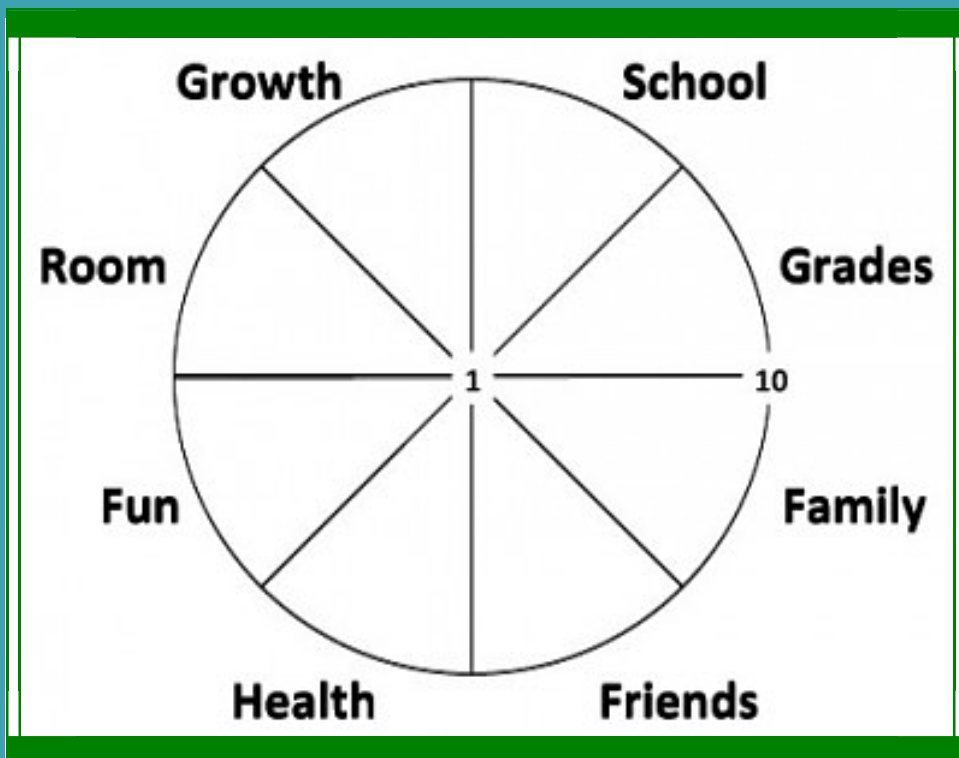
Your Student's Potential
Confidence, Clarity, Passion, Purpose

A Big Picture Look At YOU	Page 3
Tapping Into Motivation	Page 4
Busting Those Negative Relationship Cycles	Page 5
More Confidence, Clarity, Passion, & Purpose	Page 6

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A big picture look at what is going well in life and what areas you want to make some adjustments in.









- 1 With the center of the wheel representing one, and the outer edge ten, rank your current level of satisfaction with each area of your life from one to ten by drawing a straight or curved line to create a new outer edge.
2. The new perimeter of the circle represents your Wheel of Life.
3. What is one thing you just learned about yourself?
4. If you were to choose one wedge to do one action to increase a 6 to a 7 or a 7 to an 8, what would that action be?
5. Do you want to follow through with the action?

Tool has been adapted and is used with permission from Coach Training, EDU

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Motivation for the Sake of Yourself and Others

<i>Desired Outcome</i>	<i>Positives if I follow through</i>	<i>Negatives if I don't follow through</i>
In my life		
In the lives of my friends and family		
In the lives of those I haven't met yet		

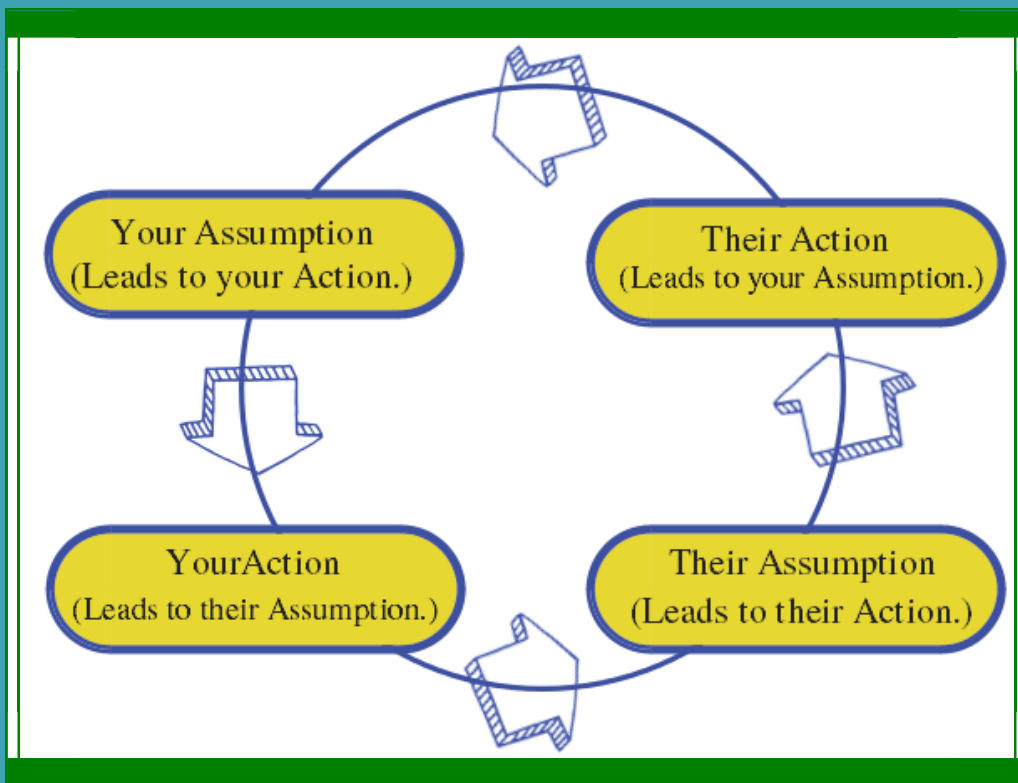
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Busting Negative Cycles: Take control over how you show up, assumptions you make, and actions you take.



1. Choose a relationship.
2. How do you view this person?
3. With your assumptions in mind, what actions do you find yourself taking?
4. From the other person's point of view, how might they view someone taking the actions you are taking?
5. Based on their view of your actions, what actions might they take?
6. Is this a relationship you would like to change? If so, create a positive assumption about this person, and then allow your actions to follow.

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If you like what you have seen and experienced and want MORE, please contact me. I coach students ages 14/15 and up utilizing the Academic Life Coaching program as well as train youth advocates as Academic Life Coaches. This program offers an addition 28 coaching tool that will benefit you and/or the students in your life for a lifetime! To learn more about me and my coaching services or to learn about my nonprofit, please contact me.

brenda@waypointlifecoaching.org

www.waypointlifecoaching.org

www.waypointyouthfoundation.org

<https://youthadvocatecoaching.org>

or schedule a FREE 20 minute consultation here:

<https://calendly.com/brenda-niemeyer>