



Joylight Transformational Coaching

CONTENT PAGE

There are a total of **12 STEPS** divided into **3 FOCUS AREAS**. Each focus area consists of **4 STEPS**.

***** IMPT –**

- You are encouraged to print out the content page and paste it somewhere conspicuous.
- - You can tick on the check boxes as you finish each steps and
- have a visual reminder of the dateline you have set for yourself for each focus area.

➔ FOCUS AREA ONE ←

Goal – To come to a place of raised awareness and clarity through

- *Reflecting the realization and wisdom the recent past has to offer,*
- *To define the desired areas for change and for excellence,*
- *To establish powerful reinforcement structures to ensure the highest possibility for the fulfillment of the goals declared.*

- | |
|---|
| <ol style="list-style-type: none">1. <input type="checkbox"/> Let's Step! One – Reinforcement I: Reflection2. <input type="checkbox"/> Let's Step ! Two – Priority Areas (PA)3. <input type="checkbox"/> Let's Step! Three – Reinforcement II: Habits4. <input type="checkbox"/> Let's Step! Four – Goals for Priority Areas (GPA) |
|---|

***** COMMITMENT ~**

I will finish my Let's Step! Focus Area One by

→ FOCUS AREA TWO ←

Goal – To lay the brick foundations for the goal setting process so that

- *The motivation behind the goals are clear,*
- *The goals are specific and measurable with*
- *The action plan clearly defined, broken down and*
- *Locked in in your schedule.*

5. *Let's Step! Five – S.M.A.R.T Goals*
6. *Let's Step! Six – The Big Why*
7. *Let's Step! Seven – Action Plan*
8. *Let's Step! Eight – Schedule Process*

***** COMMITMENT ~**

I will finish my Let's Step! Focus Area TWO by

→ FOCUS AREA THREE ←

Goal – To ensure greater probability of success of the goals by

- *Making the goals public,*
- *Checking for missing links,*
- *Refining the action plan and*
- *Sealing in the juice to maintain momentum and motivation.*

9. *Let's Step! Nine – Declaration*
10. *Let's Step! Ten – Review*
11. *Let's Step! Eleven – Diamond Cut*
12. *Let's Step! Twelve – Power Up!*

***** COMMITMENT ~**

I will finish my Let's Step! Focus Area THREE by

I AM A KICK ASS STEPPER!

- YES! I have *completed* my Let's Step!
- I have *re-read* my pledge after the completion of Let's Step!
- I have *shown my gratitude* to at least two persons who have helped me during my Let's Step! Journey.

