**Topic:** Discovering your Driving Forces

Exercise: 3

If you are engaged in 1-1 coaching with me after this course, please save this document in the DropBox folder I have assigned for us. For any issues you can always email me at hostandcoach@ramyballout.com.

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Now that you’ve listed out and matched your driving forces with your core values in addition to writing out your declaration, let’s start preparing ourselves by reminding ourselves what we’ll be falling back on what may be some rough rapids ahead.

The rapids in the river will teach us to appreciate the calm of the sea upon our arrival.

I’ve had too many clients have difficulty in falling back on some bad habits when the going got tough – whether that was curling up in ball with a blanket over their heads in despair, taking to the bottle or even splurging on things they knew they couldn’t afford. These habits made them take two steps back after they had already taken one giant leap forward.

I want you to have some great habits. Now I’m not going to ask for any more than just ONE.

I’m not Dr. Phil, Oprah Winfrey, or Tony Robbins, but I am Ramy Ballout and I am the proud coach of YOU. For that reason, I want to look out for your best interests just as much as I want you to transition to your dream career.

That being said, I only want one thing that you promise to do more or less of when the rivers become rapid.

What’s something healthy you can do more of that will put your mind in a more positive state going forward?

For me, I love to walk. I know that’s not so exciting for many of you, but walking long distances in one spurt really gets me to mental peak state that allows me to go back into whatever it is I need to get myself into and give my best, despite whatever the circumstances may be.

Look, we all have competing interests – things begging for our time. Our phones ring, buzz vibrate and dance –we think of the bills, our upcoming oil change, friend’s birthday party, destination wedding, what we’re having for dinner tonight, and so on and so on…and then there is WORK! ☺

Well, keeping all those things constant (I’m not asking you to change what you’ve already established as your habits) but I’ll need you to please make a promise to do more of just one thing that will keep you in a positive state of mind throughout this entire process.

…and please let it be something healthy. I don’t want you doing anything that is not physically and/or emotional healthy for yourself.

Give me and yourself something, *just one thing,* you could do more of that you could look forward to during this process.

I’d love for you to do this because I want to associate this course with something positive in your life that you enjoy…

…it’s actually a coaching strategy that gives us both a huge win – you of course being top of mind.

When the going gets tough, the going still goes…that’ll be you! ☺

We’re in this together and I want you to set yourself up for success!

So let’s have it…what is ONE positive, healthy action you promise me to do more of while we’re on this journey together?

**Positive action or habit I promise to do more of:**

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[INSERT HERE]

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This will be your one go-to habit and action throughout the course.

I only asked for one so I expect your commitment on this!

**END OF EXERCISE**