

# Self Coaching

How are you thinking about your circumstances?

<b>CIRCUMSTANCE</b>	Just the facts. What is the objective situation you're in? Is it the number on your bank statement or the total number of clients? Is it a time of year? An upcoming event?
<b>THOUGHT</b>	What thought are you having about the circumstance?
<b>FEELING</b>	When you think that thought, how do you feel?
<b>ACTION</b>	When you feel that way, what do you do? What action do you take?
<b>RESULT</b>	What is the result of that action? Does that action change or reinforce your original thought?

**Where are you now? Explain your current reality.**

C \_\_\_\_\_

T \_\_\_\_\_

F \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

**What shift can you make? In order to feel or act the way you want to, what thought do you need to have?**

C \_\_\_\_\_

T \_\_\_\_\_

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R \_\_\_\_\_