



COACH SCHOOL

– with Lorraine Hamilton –

ABOVE THE NOISE

MODULE 2

You've Got This Worksheet

You've Got This

SECTION ONE

Imagine a time that you were at your very best.

What were you doing?

How were you being?

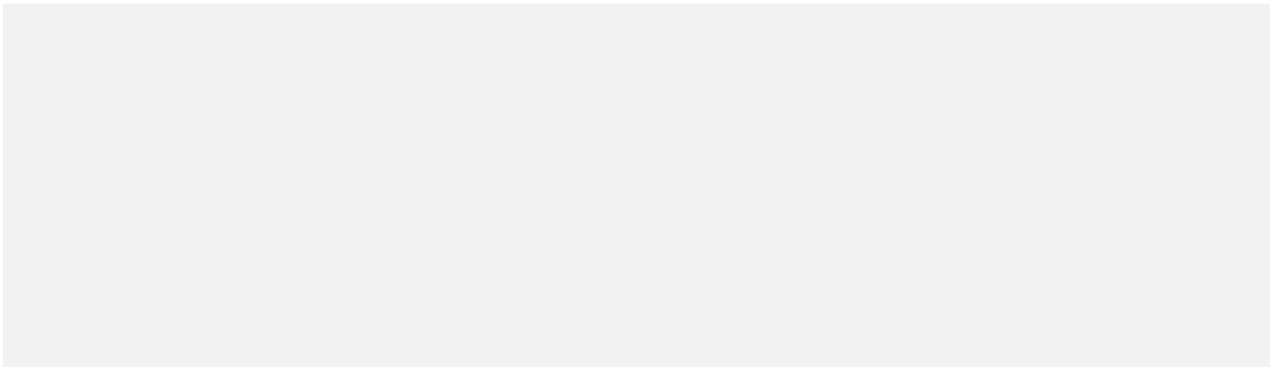
Who were you with?

You've Got This

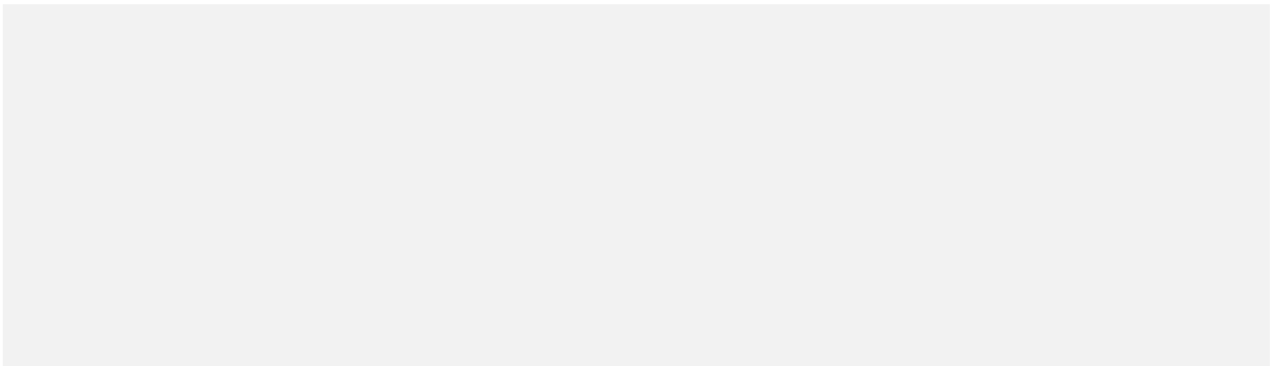
SECTION TWO

Taking stock of your current reality.

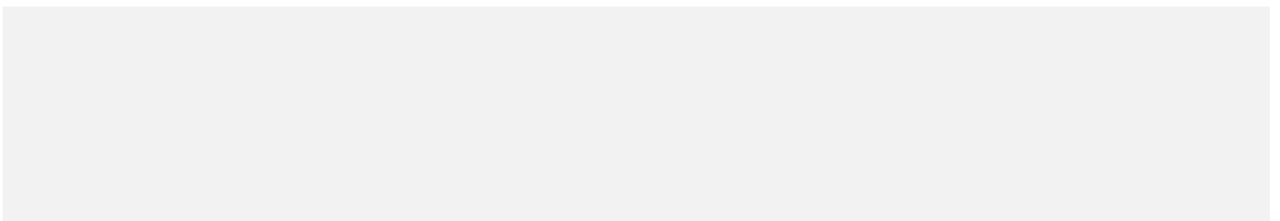
Currently I do...



Which results in me having...



Which leaves me being...



You've Got This

SECTION THREE

Looking towards your future reality.

If I chose to BE (from SECTION ONE)...

That would lead me to DO (actions that support your being statement above)...

Which results in my having...