Walk the Talk Sample

Health
1. I have made regular aerobic exercise a part of my life as opposed to something "I have to do."
2. I have joined a health club.
3. I choose low-fat food consistently.
4. I drink eight glasses of water a day.
5. I weigh 140 pounds and feel great.

Significant Other/Romance
1. My partner and I have created a five-year vision for our relationship.
2. I have scheduled four romantic weekends this year at B&B's in California.
3. I speak my honest feelings in the moment.
4. I no longer use blame as a way to justify myself with my partner.

Environment
1. Each room in my home reflects beauty and something magical.
2. My office is clean and organized.
3. Paper piles are off the floor of my office by 6pm daily.
4. Photographs of people I love surround me.
5. I have organized all of the closets in my house.

Money
1. Taxes are ready by February 15th.
2. My credit card debt is no higher than $1,000.
3. I come from abundance.
4. Quicken is set up to track expenses.
5. I have $8,000 in my business savings account for emergencies.

Personal Growth/Spirituality

1. I attend one personal growth workshop per quarter.
2. I have joined a church/synagogue.
3. I have a coaching relationship that aligns with my spiritual beliefs.
4. I keep a gratitude journal daily.
5. I read one personal growth book every two months.

Fun and Recreation

1. I lead weekly hikes with my local hiking club.
2. I have learned to weave play in with my work.
3. I see a movie or a play once a month.
4. Relaxation no longer feels like something to be "worked into" my schedule.

Career

1. I have 26 clients whom I love working with.
2. I publish one article a year.
3. I publicly identify myself as a Co-Active Life Coach.

Family and Friends

1. I have created a birthday calendar for all family and close friends.
2. I call my dad twice a month.
3. I tell the truth in my personal interactions.
4. I treat two nieces or nephews to a visit once a year.

www.coactive.com