

Looking Back, Looking Forward

Chapter 4: Coaching

There's a concept I love called "the moving horizon." The idea is that if you run your fastest to "catch" the horizon, you never will because, obviously, it's always moving away from you.

People know this, of course. But they still try to "catch the horizon" when working toward goals. As soon as they get close to reaching them, they set new, more ambitious ones. And, since the goal keeps moving away, they end up feeling frustrated even though they've made tremendous progress.

This is why we need to build in a process of looking back, a way to remind ourselves how far we've come (and celebrate that) instead of constantly feeling equally far away from an ever-moving goal. As a coach, you can help clients with this by taking time (every month or every other month) to systematically show clients your how far they've come, that progress has been made.

Here are some questions to help them feel proud of how far they've come.

QUESTION 1

What have you put the most effort into during the last few weeks?

If you've been showing up, even just a little, it means you've been working on something. So jot that down and remind yourself of where your focus and energy have been.

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QUESTION 2

What are you most proud of from the last few weeks?

Here we're looking for daily wins. Like having a good breakfast on your busiest morning. Or making a smart eating decision in a tricky situation. You've done something to be proud of. Now's the time to call it out.

QUESTION 3

How will you high-five yourself for the great work (in a healthy way)?

Think about how you'll celebrate your progress, even if it's just a small reward that supports your goals.

QUESTION 4

What more would you have liked to accomplish?

Everyone thinks this kind of stuff: coulda, woulda, shoulda. Let's get it down on paper, and then let it go. Write down what you wanted to get done . . . but didn't.

And here are some questions to help them feel excited about the next steps.

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QUESTION 1

Looking ahead to the next few weeks, what are you most looking forward to?

In other words, what are you excited about? Ready to tackle?

QUESTION 2

Knowing what you're about to work on, what advantages do you think you have that'll make progress more likely?

Tune in to your own unique abilities. What "superpowers" do you have that can help you in your efforts?

QUESTION 3

Knowing what's coming up in the next few weeks, what things are likely to stand in your way?

Consider the things that might prevent your progress.

QUESTION 4

How can you prepare, right now, to make sure those things don't get in your way?

Having listed obstacles that might stand in your way, think about how you'll prevent them from sabotaging you. How can you avoid them before they happen?

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book