

From Goal to Action Worksheet

Chapter 4: Coaching

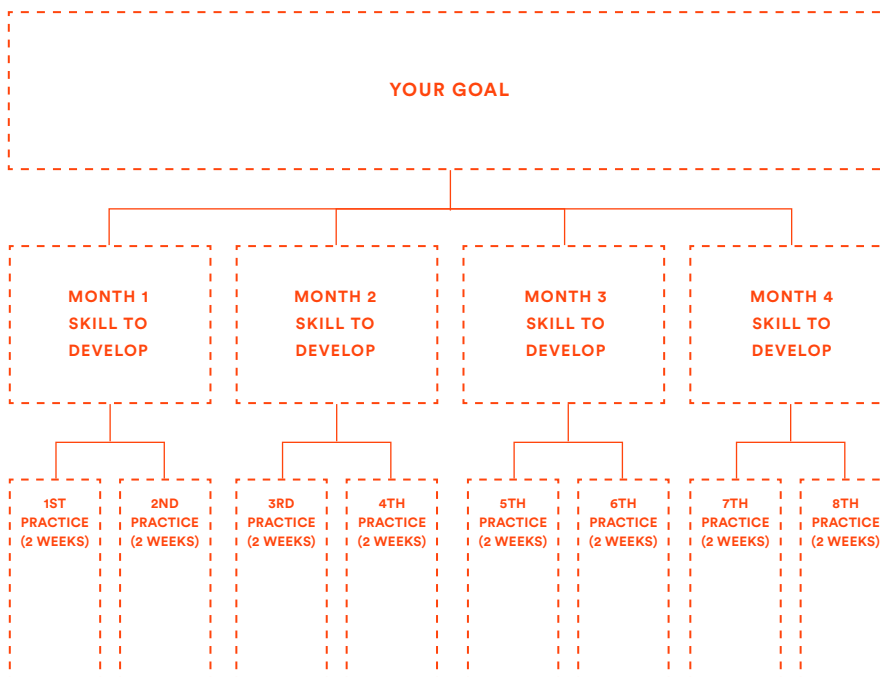
This idea of progression isn't unique to sports.

The best piano teachers use it to help people eventually play Rachmaninoff. The best yoga teachers use it to help people eventually do inversions. And the best language teachers use it to eventually help people become fluent.

On some level these teachers realize that accomplishing advanced outcome goals is never done through heroic single efforts. Rather, outcome goals are accomplished through the mastery of a series of basic skills. And those basic skills are accomplished through regular practice.

I teach coaches and clients to visualize the process with this worksheet.

WORKSHEET From Goal to Action



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