



WEEKEND 2 – MONTHLY PRACTICE AREAS

1. Create your own well being tracking sheet. Use this tool or download an app that supports you in tracking and measuring your weekly average percentage. Come next month with your monthly average.
2. If you have not been passed on the Essence Conversation, continue practicing with your NEW buddy. Get passed by your buddy, and then by your coach. Schedule time for this weekly.
3. Required Reading: The Last Word on Power by Tracy Goss. Recommended: Coach Anyone About Anything by Germaine Porche and Jed Niederer, Get Clients Now! By C.J. Hayden, Book Yourself Solid by Michael Port
4. Using only ONE schedule, schedule your time from Healthy Priorities. Notice what conflicts arise. Then, address these from Healthy Priorities, as a practice.
5. List your next 10 referral sources, minimum. Share these with your coach. Get referrals for at least three of the sources per week and set up informational sessions.
6. Take on sharing coaching every day, Monday through Friday at least, for this entire month. Track your efforts, and also track when you do not share. Bring your tracking sheet next time.
7. Set up at least one structure for your coaching business: bank account, dedicated email or phone number, bookkeeping structure, business hours. If you have not already connected your email address to your Accomplishment Coaching email alias, complete it this month.
8. Required Viewing: “Defending Your Life” and “Mr. Magorium’s Wonder Emporium.”
9. Continue the practice of the Clearing Exercise daily. We recommend that you do it as early as possible in your day, ideally before your feet hit the floor. Post your stand, and notice how long it lasts.
10. Be and do whatever it takes to fulfill on your promise for clients this month. At a minimum, go get another client. Pro Bono (free) is okay, with the agreement that you will only work with that client for 90 days maximum under that payment agreement.
11. Visit the following and consider registering for membership with: International Coach Federation (www.coachfederation.org) and International Associate of Certified Coaches (www.certifiedcoach.org). Also, check member service for liability insurance, etc.
12. Share your Essence and Survival Mechanism names with at least five people in your life.
13. Request and use the Information Packet and Welcome Packet from the Accomplishment Coaching back office to use with in enrolling your prospective clients. Request them from affiliates.coach under "AC Back Office," and click "Client Management." Bring questions about the back office service to your Program Coach
14. Continue picking one word each week from the dirty words in the coaching list, and eliminate it from your vocabulary.
15. Submit your first recorded co-coaching session and review it with your coach before the next weekend.
16. Design a project to become credentialed through the International Coach Federation as an Associate Certified Coach, and to become an Accomplishment Coaching Certified Coach. Get your certification questions answered this month.
17. Practice noticing who people are separate from their fears.
18. List 15 ways you display your survival mechanism and 15 ways you hide your survival mechanism. Share with your buddy and also on the blog.
19. Set up a team meeting to review the distinctions and tools from the month.

20. Create a structure for a well-being breakthrough during this month's Fifth Week. Get supported by your coach as needed.