



Worksheets



**Captains Chair**  
Coaching

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Chapter 1: Values

	What do I Value	Priority
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

# Chapter 2: Beliefs

	What do I Believe
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

## Chapter 2: Beliefs (Guided Meditation)

I Am

I Am

I Am

I Am

I Am

I Am

I Am

I Am

I Am

I Am

I Am



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## Chapter 3: SMART GOALS

Specific

Measurable

Attainable

Realistic

Time-Limited

### SMART Goals




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