



Worksheets



Captains Chair
Coaching

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Chapter 1: Values

	What do I Value	Priority
1		
2		
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15		



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Chapter 2: Beliefs

	What do I Believe
1	
2	
3	
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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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