

## Coaching Log for the **WHY NOT?!** Model

Client:		Session number:	
Date of session:		Time of session:	
Actions agreed at last session:			
Actions taken since last session:			
<p><b>W</b>hat do you want?</p> <p><i>What do you NOT want?</i>  <i>Why are you here?</i>  <i>What's your challenge?</i>  <i>Why is it important?</i></p>			
<p><b>H</b>urdles or <b>H</b>indrances?</p> <p><i>Reality check.</i></p> <p><i>What's stopping you?</i>  <i>What's in your way?</i>  <i>(Personal limitations/People/Resources)</i></p>			
<p><b>Y</b>ardsticks defined:</p> <p><i>Clarify your goals.</i></p> <p><i>Are your goals really magnetic?</i>  <i>What needs to happen for you to know you've reached each goal?</i></p>			
<p><b>N</b>arrow down the options:</p> <p><i>Decide what you could do.</i></p> <p><i>What actions will work?</i>  <i>What will support you?</i>  <i>(Personal strengths/People/Resources)</i></p>			
<p><b>O</b>ptions for action:</p> <p><i>Make your choice.</i></p> <p><i>What will you do?</i>  <i>Offer of commitment?</i>  <i>A 10/10?</i>  <i>How will you keep on track?</i></p>			
<p><b>T</b>imed <b>t</b>argets</p> <p><i>Taking action.</i></p> <p><i>First step?</i>  <i>By when?</i></p>			
<p><b>? How is it going?</b></p> <p><i>Keep in touch.</i></p>			
<p><b>! Well done!</b></p> <p><i>Applaud &amp; encourage!</i></p>			
Time session ended:		Location and time of next session:	