



Coach Yourself

COACHING WORKBOOK

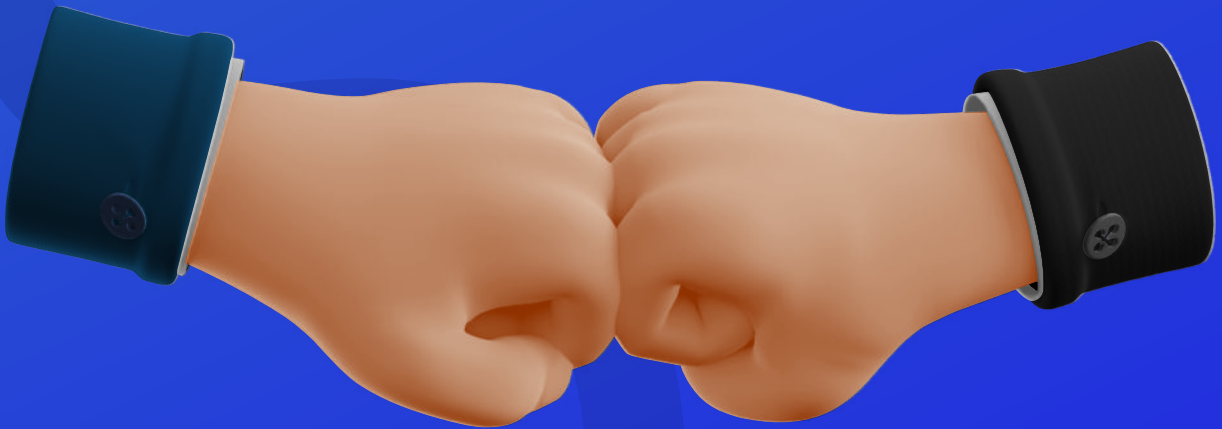


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About the Workbook

Do you think that your life isn't worth it? Are you facing some setbacks in your personal or professional life? Do you feel like you need some help to get the better of yourself? You might want to consult an expert, read a book, or use some motivational videos, but in the end, it's you alone who has got to work it out.

This self-coaching workbook will help you analyze your personality, set your goals, explore your options and hunt down your good and bad sides through a series of personal questions.





Observe Around

It's quite common that people are usually so stuck in fixed routines, such as work, family, bills, and taxes, that they do not even observe the world around them. Your first step to self-development is to carefully observe yourself and the world around you so that you can be mindful of available opportunities and better assess your position and influence.

→ **How do you pass your daily routine?**

→ **How many people do you generally interact with on a regular day? Enlist the details of people and interaction**

→ **Have you ever looked at your own words and gestures closely? If yes, what have you observed?**



Observe Around (Contd.)

- Are there any events happening around you that you have no knowledge of? If yes, enlist what pops up in your mind

- How do other people respond to your ways? List responses of other people to a variety of your words and actions

- Are you mindful of the nature around you? If yes, what are you mindful of?

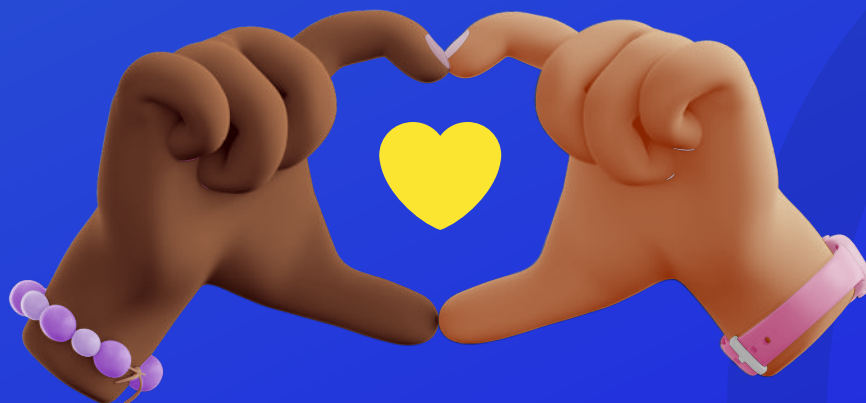
Discover Yourself

**Become conscious of your life and
the things around you**

At this point, you can discover yourself
in the scheme of things

**You can explore your standing in your
family and in your professional life**

You can also discover your personality type, your
passions, and the things you like or dislike.





Where Do You Stand

**How do you see yourself in your relationships?
What purpose do you serve?**

**Where do you stand in your professional life?
What does your job/business mean to you?**

How do you feel about your health?

**Enlist the genuine relationships you have.
How do you feel about your relationships?**



What Do You Want

- Does your life make you feel fulfilled? Which aspects of your life are satisfactory, and which of them aren't?

- What kind of life would you like to have?

- Do you have any regrets in life? Mention in detail the things you regret.

Explore Your Likes And Dislikes



→ **What do you like/dislike? Be true to yourself while answering this**

→ **Are you satisfied with the work you are doing? Do you want something else?**

→ **Are your relationships dear to you? If not, are they even tolerable? Mention any changes you would like to make**



Create Your Own Story

All of us play some part in someone else's story. Understanding our roles in various situations is essential because we aim to achieve self-realization, which gives our lives a semblance of authentic meaning.

Try to write your own story as it really is, and see if that's the kind of story you would like to have for yourself



Create Your Own Story

- Think of all the different roles you play. Enlist and brief about each of the roles

- Mention the roles you would like to get rid of and those you would like to harness.

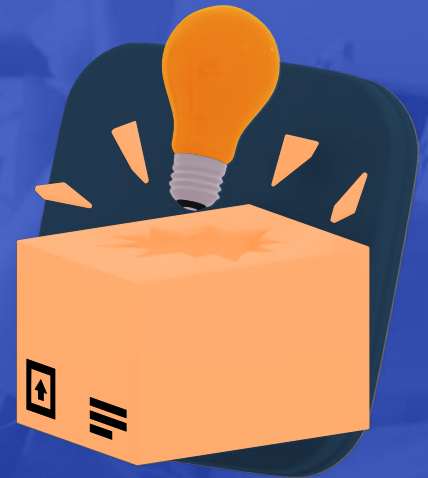
- Do you see yourself as a hero or a villain? How would you like to have it?



Smart Goals

Now that you have discovered your position and are well aware of your ideals, you have to take the initiative to get what you would like in your life. Try doing it piecemeal, breaking your journey to perfection into small goals.

Mention specific goals/targets you would like to achieve in your life. The targets may be related to health, financial position, professional standing, or even personal development.



Smart Goals

Identify hindrances you can encounter to achieve your goals. How would you deal with them?

How can you measure your progress? Think of the methods and parameters you can use to mark your achievement.

Define deadlines and milestones for each of your goals

Plan Your Tasks

Targets are rarely fulfilled unless appropriately planned. A person often makes resolutions in haste but falls prey to mismanagement, idleness, and unproductive routine. It is essential to have a concrete plan for your actions.

→ **Try to devise a plan for your actions. Make it timebound and reasonably practical.**



Measure Your Performance

It is recommended to fill this section if you think you have made some progress towards your ideal self. Otherwise, just wait and patiently execute your plan till you feel you have made progress

Enlist all your goals and mention the extent of your progress against each plan. Try to be specific and analytical in this activity



Celebrate Yourself

It might happen that you might not feel content despite the execution of your plans and achieving the milestones. It might be because you are too busy in the mechanistic implementation of your goals and desire to get higher that you don't get to cherish how far you have got.

The moments of achievement bring about a joy that deserves to be celebrated. Celebrating doesn't necessarily mean partying all night or being spendthrift; it might even mean listening to the music of your choice, enjoying a good meal, basking in the sun, or even taking a break!

- **Make a list of events/achievements you have celebrated with joy.**

- **Mention your goals and define how would you like to celebrate each achieved goal**



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Teacher**



**Opportunity of Yoga registrations for
your Yoga school as an IYS®-
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