

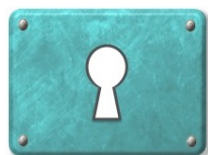
AWESOME Coaching Model:



Awareness:

Awareness: 1-10 _____
I need to because...
What's the motivation?

1 = I have told I need to.
5 = I know I need to, but...
10 = I really really need to because...



Want to & Desire

Desire: 1-10 _____
Factors or consequences.... Determination
Are they prepared to do anything? (urgency, passion)

1 = I should...
5 = I want to, but...
10 = I really really want to because...



Energy & Values

Energy: 1-10 _____ Connect Core Values:
I can't wait...
I love the idea...

1 = I am OK
5 = I am happy, but...
10 = I can't wait!! Love it!!



Skills & Knowledge (Tools)

Skill/Knowledge confidence: 1-10 _____
Good to go, I will use...
Yes I can, because...

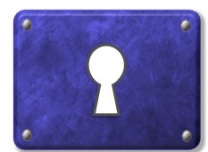
1 = I don't have skills or knowledge
5 = I think I'm OK...
10 = I have it!!! Good to go!!!



Oppportunity & Risks

Opportunities: 1-10 _____
What is the radical, amazing, dream opportunity & why?
What do you have – how will you get...

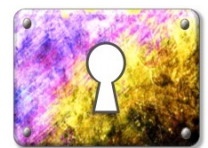
1 = I am not sure...
5 = It could work if...
10 = Yes, this is it!!!



My Ability

Confidence in Ability to apply: 1-10 _____
Implementation plan, discipline to carry through...
Ability to take action, do...

1 = I have no clue...
5 = I'll give it a bash/I have an idea
10 = I can do this!!!



Evaluate & Reinforce

Evaluate & Reinforce: _____
SMART Goals
Accountability Partner, Coach, Buddy?
Structure in place:



1 = This is a Mountain
5 = I need help...
10 = Ready and able to win!!!