

LIFE COACHING: WEEKLY COACHING TOPICS - Year One

Goals	Making a Commitment
Your Success Programs	Improving Your Skills
Your Self-Talk	Overcoming fear
Setting Priorities	Dreams and Dreaming
Controlling Your Time	Expressing Yourself
Your Attitude	Finding Your Passion
Creating More Focus	Creating Personal Strength
Making Your Choices	Creating More Motivation
Dealing with Problems	The Necessity of Courtesy
Determination	Other People's Opinions
Living Outside the Box	Keeping Your Life in Balance
Letting Go of the Past	Building Self-Confidence
Listening	Finding Your Talents
Believing in Yourself	Creating Opportunity
Your Vocabulary	The Virtue of Patience
Choosing to Have Faith	The Power of Respect
Overcoming Negativity (in Yourself)	Truth
Overcoming Negativity (in Others)	Building Your Character
Personal Organization	Having Courage
Learning to Risk	Value
Personal Appearance	Having Perspective
Creating Creativity	Creating Enthusiasm
Having Vision	The Art of Compromise
Education	Having Perseverance
Creating more Energy	Compassion
Dealing with Change	Thankfulness

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