



TAKE FLIGHT COACHING

Committed to your Clarity, Possibility, and Action



Forward Movement

8 Keys To Forward Movement

1. Take Responsibility

For Your Life – In a society where people blame everything from their parents to the government for failure, those who don't buy into this mentality or succumb to the "victim" thinking succeed. To blame something or somebody outside yourself is saying they have control of your life and not you. Someone else's opinion of you doesn't have to become your reality.

2. Live On Purpose

– The difference between this and just living, is that the latter is just getting through the week with the least problems. But when you live your life on purpose, your main concern is doing the job

right. For an entrepreneur this means finding a cause you believe in and building your business around it.

3. Be Willing To Pay

The Price - Be willing to pay the price for your dreams. Wanting a big house, freedom in your schedule, and a million dollars in the bank is all very nice, and a lot of people want these things – but are you willing to pay the price to get them? Some people dream of success while others wake up and work hard at it.

4. Stay Focused

– Every day we're bombarded with hundreds of tasks, phone calls, messages, and other things competing for our time. Focusing re-

quires giving up something in the present because you are investing your time in something that will pay off big-time down the road. Jack Canfield and Mark Victor Hansen



were turned down by 30 different publishers when they submitted the first "Chicken Soup for the Soul" book. Instead of giving up, they stayed focused on their goal and gave four or five interviews per day for radio, TV, and newspapers, five days a week for an entire

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Be Intentional

Most people get up, go to work, respond to the urgent, go home, take care of their responsibilities, and fall into bed. There is one simple step you can start tomorrow to live with intention. **Write down your goals for the day.** Tomorrow your day can look like this; wake up, go to work, set goals for your

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day, accomplish those goals and take care of needs around you, go home satisfied, enjoy some free time in your evening, and fall into bed.



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Coaching for your movement

TAKE FLIGHT COACHING



Clarity. Possibility. Action.

WE ARE ON THE WEB!
WWW.TAKEFLIGHTCOACHING.ORG

Coaching From A To B...

The main goal of coaching is to help a person being coached objectively see where they are (current state) and where they need to be (future state). Then to develop a plan to get from here to there. Moving from point A to point B may seem straightforward and simple, it rarely is.

Some people may have a clear idea of where they are going and may even have a plan to get there. Still, somehow they never seem to arrive at their destination. It is said that the hardest line to draw is a straight one, and certainly it is the hardest line to follow. The reason for this is because of things get in the way, even with well laid plan.

In addition to helping people get on their way to achieving what they desire in life, a coach also helps them anticipate and deal with the obstacles that may prevent them from moving forward.

Coaching is a partnership that is created for one purpose— to help the person being coached reach their goals. To reach those goals one has to deal with the gaps of where they are verses where they want to be. This partnership enables the person to find awareness and then move forward in intentional action. Coaching is a great fit for those that are moving forward and want to go further.

8 Keys To Forward Movement... *Continued...*

year. Eventually, a small publisher decided to take a chance, and of course now their book has spawned an entire series that have sold more than 90 million copies!

5. Be On It And Be Into It - Competency and enthusiasm are two of the greatest professional attributes. Successful people have this in common, they take their profession seriously and they love what they do. They strive to be the best at what they do. Make the decision today to work at being the best in your field. Where do you start? By discovering what you can be the “best” at in your field (your strengths) and what you enjoy doing (your passions). For this next quarter focus on being on it and being into it.

6. Write Out a Plan for Achieving Your Goals - Write out an action plan/map for how you’re going to achieve your goals. Trying to reach your goals or visions without a plan is like trying to drive from Los Angeles to Chicago without a map. A goal that isn’t written down is merely a wish or fantasy.

7. Never Give Up - Never, never, never give up. When you’re fully committed to achieving your goal, giving up is not an option. You must be willing do whatever it takes to make it happen. The power of perseverance is an awesome force. As someone once said, “inch by inch, everything's a cinch”. Think of the lowly inchworm – if it pondered the length of the trip from start to finish

before it started, it probably would never move. From a worm’s point-of-view, the garden path must look like a trip to Mars. Never give up. Go over, go under, go around, go through, but never give up!

8. Don’t Delay - Nobody knows how much time they have left to accomplish their dreams, and we don’t have forever. The clock is ticking, and sooner or later your number comes up and you’re gone. Successful achievers know this too, but they don’t view it as a “negative”. Achievers use it to “spur them on”. They go after what they want as energetically and as passionately as possible, for as long as they have.