

PART 1 - celebrate

- Celebrate the wins
- Holy moly, thats sounds (insert something), I would be keen to hear more about that if we have time at the end.
- Move on to ticking off (Highlighting blue) SPR what's been done.

Part 2 - Unpack and break down into bite-sized chunks

- What do you think the blocks around this are
- Whats the very next step.
- Whats the very first step
- What do you need to do to get this started
- What do you need to do to get started on this
- Whats the next immediate step you can take just to get the ball rolling on this
- One?
- How can we get started on that

- Temp check -

- How confident are you that you will do this by next time we talk 1 being unlikely and 10 being 100% without a doubt?
- If Anything below an 8 - what would make it a 10
- If a 9 - 9s as good as a 10 so im glad your confident, that make me confident.
- 10 - sweet your confident, im confident , lets smash it.

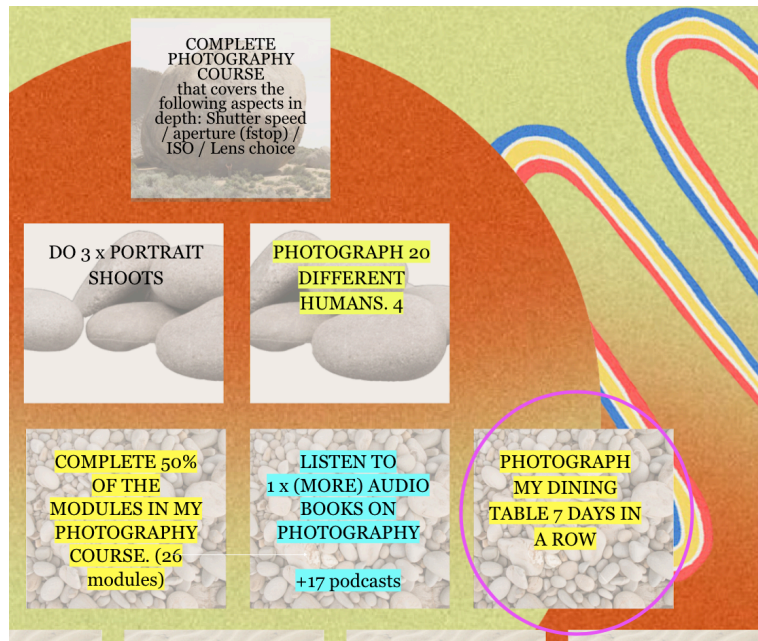
Carrot / Stick

- **If needed.. Link the task to their carrot or stick**
- **Last call b4 check EOM Check-in, link tasks to carrot and stick**

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Part 3 - Committed tasks.

- Highlight the completed tasks in blue
- While on the coaching call we are highlighting tasks that are in progress yellow



- It also helps to write notes at the bottom or directly into the notes section on your excel sheet as you go about what they are specifically committing to for the week. These items don't necessarily have to be as tangible as long as they represent progress to the sands pebbles rocks.

GOAL ROADMAP
BOULDER
ROCKS
PEBBLES
SANDS

COMPLETE PHOTOGRAPHY COURSE that covers the following aspects in depth: conceptual, technical, digital (SD) Lens choice

DO 3 x PORTRAIT SHOOTS

PHOTOGRAPH 50 DIFFERENT HUMANS. 4

DO 1 x PORTRAIT SHOOT

COMPLETE 50% OF THE MODULES IN MY PHOTOGRAPHY COURSE. (24 modules)

LISTEN TO 1 x (5000) AUDIO BOOKS ON PHOTOGRAPHY

PHOTOGRAPH 3 MY DINING TABLE 5 DAYS IN A ROW

DO 1 x PORTRAIT SHOOT

DOWNLOAD PHOTOGRAPHY COURSE & WATCH 1 x MODULES

LISTEN TO 1 x AUDIO BOOK ON PHOTOGRAPHY

SHORTLIST 1 x PHOTOGRAPHY COURSE THAT COVER ALL THINGS IN MY BOULDER

PHOTOGRAPH MY PLANT 5 DAYS IN A ROW

level

Photograph dining table from underneath
Complete 3 more course modules

- After the call copy your notes into a txt to the client and send txt, Examples as follow:

