

Q1

Weekly Practices

Weekly Focusing/Walk the Talk

Walk the Talk Log

Drama Triangle Log x2

eJournal Posting

Teleclasses

Coaching Call

Q2

Weekly Practices

Weekly Focusing/Walk the Talk (continue to send log to coach)

Performance Journal x2 (send to coach)

Recalibration

Committed Action (there is a log for your own tracking)

eJournal Posting

Teleclasses

Coaching Call