



3 Guidelines from DY2:

- _____
- _____
- _____

Phase 1: Evaluation
Module 2: Evaluating What You Want

The areas of life:

1. _____ Intrinsic / Focused
2. _____ Intrinsic / Focused
3. _____ Intrinsic / Focused
4. _____ Intrinsic / Focused
5. _____ Intrinsic / Focused
6. _____ Intrinsic / Focused
7. _____ Intrinsic / Focused
8. _____ Intrinsic / Focused
- _____ Intrinsic / Focused
- _____ Intrinsic / Focused

Two kinds of Priorities:

1. _____ = _____
2. _____ = _____

Which ones do you want accountability around? And to who?

The Co-Active Model:

The Co-Active Model balances self-awareness, a keen agility with relationships, and courageous action to create an environment where individuals can be deeply fulfilled, connected to others and successful in what matters most.

The “Co” in Co-Active suggests relationship, connection, intimacy and collaboration. Thus, the “Co” in us is curious, listens deeply, hears nuance, holds space for others, intuitively nurtures.

The “Active” in Co-Active stands for power, direction, action and manifestation. So, the “Active” in us is courageous, has clarity and conviction, takes charge and achieves goals. www.thecoaches.com

Are you “being” or are you “doing”?

Feeling	-----	Thinking
Receptive	-----	Active
Listening	-----	Talking
Patient	-----	Restless
Trust	-----	Control
Rest & Relax	-----	Busy
Present	-----	Achievement/Goals
Creating Space	-----	Creating Plans
Walks/Talks Slowly	-----	Walks/Talks Quickly
Accepting	-----	Questioning

I will _____ more by making these changes:

- _____
- _____
- _____

Everything I want to BE in life...

Everything I want to DO in life...

Everything I want to HAVE in life...

Needs and Wants

_____ VS _____

1. I (need/want) _____ because _____
_____.

2. I (need/want) _____ because _____
_____.

3. I (need/want) _____ because _____
_____.

4. I (need/want) _____ because _____
_____.

5. I (need/want) _____ because _____
_____.

6. I (need/want) _____ because _____
_____.

My take away from this module is...