

# PUT IT ALL TOGETHER

WHAT IS YOUR RESULT:

HOW DO YOU WANT YOUR CLIENTS TO FEEL:

WHAT DO YOU WANT YOUR CLIENTS TO ACHIEVE:

Now that you know what action steps are required, organize them in the best (and most simplest way possible) so that each step supports the next step!

ALSO: Consider that each action step might also have it's own list of steps/ tasks!

*EXAMPLE:*

**RESULT:** Improve quality of life through yoga inspired life coaching

**ACTION STEP ONE:** Learn about AHIMSA (kindness and compassion)

**STEP ONE TASKS:**

- Discuss what AHIMSA means and how it can relate to our personal lives.
- Look at your current relationship with self love and self care
- What are 3 areas where you are not practicing self love and kindness
- What are 3 ways you can improve your self love/ kinds habits
- How can you commit to these new habits?
- What would/will your life look like if you commit to these habits?
- YOGA PRACTICE
- Give homework (2 things you will do this week to practice self