

Coaching Tip-Draw YOUR Roadmap

What do you need to learn, get, buy, borrow or do before you can get started on your journey. Think of these kinds of things as your first stop/stops on your journey.

PLAN for them, make time for them. Give them attention.

What would be a good first milestone?

- For example, if you want to be someone who runs for fitness and endurance. You would eventually like to run for 45 minutes 4 or 5 days a week, and you currently walk 3 days a week for 20 minutes, your first milestone might be walking 4 days a week for 30 minutes.
- What might a good next milestone be? Maybe walking 4 days a week for 30 minutes followed by 10 minutes of running.
- You would continue charting next steps until you achieve what you want. Remember that the “what you want” is more than just doing the task required but that it gets you WHAT YOU REALLY WANT...that deep desire of what you want for yourself...In this case, feeling fit, strong, knowing you have the resilience to do something challenging, the joy of feeling your body exert itself and watching yourself get stronger and stronger (regardless of what happens with your weight).

The purpose of charting this “roadmap” is to anticipate the PROCESS that you will go through, and possible obstacles. I love the phrase: Divorce the outcome, marry the process!

It sets up a realistic approach, and helps you be more patient with yourself while letting you sense your accomplishments *all along the way*, not just when the “destination” is reached. Its about enjoying and experiencing the whole journey.