



# TRACK 1: COACHING ESSENTIALS NEXT STEPS

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## Lesson 2: Building Hope—Changing Lives

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### Turning ANTS into PETS:

To discover what really matters in life, make a list of all of your worries and fears. Then make a list of your recurring daydreams. Pick three of your top worries or fears (ANTS) write out a plan to dispel them and replace them with possibility thinking (PETS). What do your daydreams tell you about your heart's deepest desires? How can you keep your focus on the daydreams instead of the fears?

#### 1. List your worries and fears:

**2. List your recurring daydreams:**

**3. Pick three worries or fears, and write a plan to replace them with PETS:**

1.

2.

3.

**4. What do your daydreams tell you about your heart's deepest desires?**

**5. How can you keep your focus on the daydreams instead of the fears?**

**6. Write a 1-page reflection on Part 2 of *The Professional Coaching Handbook* by Dr. Brenda Chand.**

**If you've completed the assignments, save this PDF and email it to your coach.**