



## TRACK 2: WHOLE PERSON COACHING NEXT STEPS

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### Lesson 3: Barriers

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**1. Using your answers from this lesson, write 3 paragraphs, identifying and explaining:**

- a. A barrier in your life**
- b. Steps you used to overcome the barrier**
- c. The personal growth these steps caused in your life**

**2. Watch the video of Dr. Chris Bowen on “Personal Growth Barriers.”**

**Completed:**

**3. Find an article from the Internet on “Personal Growth Barriers” and report on how you would “coach” your client through that particular barrier.**

**4. From Essential #5, identify two of the personal growth barriers you've experienced and explain how you overcame them.**

**5. Come up with at least two more barriers that were not covered in this lesson that we can discuss.**

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