



TRACK 2: WHOLE PERSON COACHING NEXT STEPS

Lesson 6: Life by Design—Not by Default

1. Watch the video by Brenda Chand on vision, mission, and life purpose.

Completed:

2. Submit each of the following to your coach trainer:

» Mission statement

» Vision statement

» Life purpose statement

3. Write a one-page plan for how you will help your clients discover and shape their mission statements, vision statements, and purpose statements. Explain the differences and the connections.

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