

1. Mindful Breathing Practice

Date/Time

Duration (Minutes)

Thoughts Before Practice

Reflections After Practice

Save Exercise

2. Clarity Mapping Exercise

Current Challenge

Obstacles

Steps to Break Down Challenge

List the steps (e.g., Step 1, Step 2, Step 3)

PROGRESS Framework

Purpose

Why is this challenge important?

Reflection

What's working, what's not, and what needs to change?

Organize

How can this be broken into smaller tasks?

Grit

What will help you push through setbacks?

Empowerment

Who can you involve to help solve this?

Support

Who can guide or challenge you?

Self-Improvement

What can you learn from this challenge?

Save Exercise

3. Values Alignment Journal

Goal

What is your current goal?

Why It Matters

Why is this goal important?

Alignment with Values

How does this goal align with your values?

Steps to Achieve the Goal

List the steps to achieve your goal

Daily Reflection

What actions did you take today? How did they align with your goal?

Save Exercise

4. Catalytic Coaching Roleplay

Team Member/Colleague

Enter their name

Challenge They're Facing

What is their specific challenge?

PEPTID Framework

Passion

How will you inspire them?

Empathy

What questions will you ask to understand their perspective?

Professionalism

How will you model accountability and integrity?

Transformation

What steps will you take to help them grow?

Interaction

How will you communicate effectively?

Delight

How will you celebrate their progress?

Save Exercise

5. Flywheel Progress Tracker

Initial Goal/Milestone

What small milestone are you working on?

Why It Matters

Why is this milestone important?

Steps to Achieve It

List the steps to achieve your milestone

Progress Tracker

What progress have you made? Any obstacles?

Save Exercise