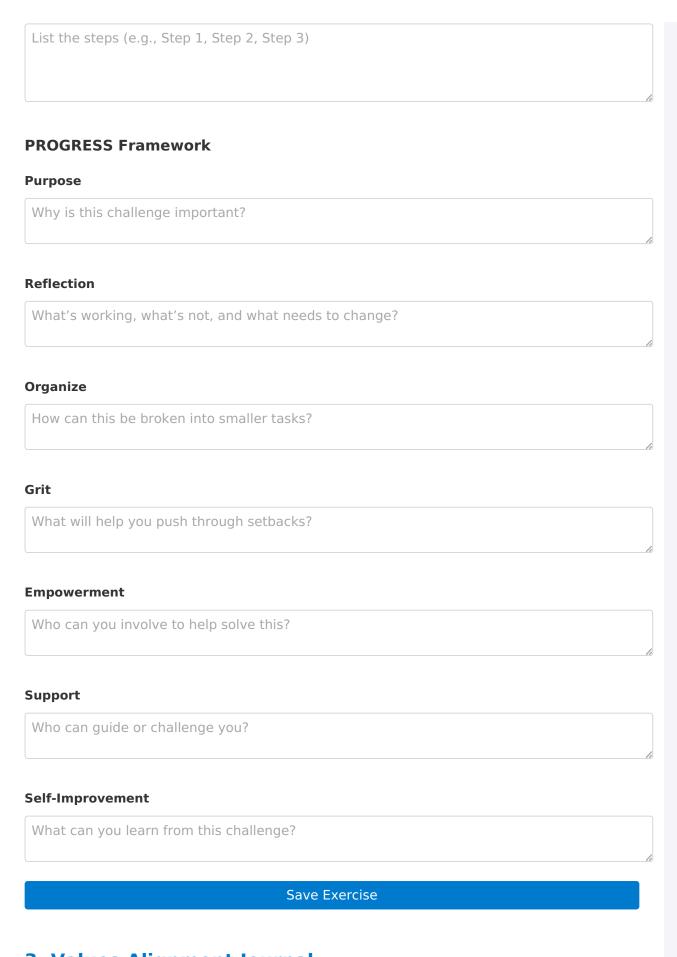
Date/Time	
Duration (Minutes)	
Enter duration in minutes	
Γhoughts Before Practice	
How are you feeling before starting?	
Reflections After Practice	
How do you feel after completing the exercise?	
Sava Eversisa	
Save Exercise	
2. Clarity Mapping Exercise	
Save Exercise 2. Clarity Mapping Exercise Current Challenge Describe the challenge you're facing	
2. Clarity Mapping Exercise Current Challenge	
2. Clarity Mapping Exercise Current Challenge	

Steps to Break Down Challenge



3. Values Alignment Journal

Goal

Challenge They're Facing What is their specific challenge?	
Enter their name	
1. Catalytic Coaching Roleplay Team Member/Colleague	
Save Exercise	
What actions did you take today? How did they align with your go	pal?
Daily Reflection	
List the steps to achieve your goal	
iteps to Achieve the Goal	
How does this goal align with your values?	
Alignment with Values	
Why is this goal important?	
Vhy It Matters	

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?	

Progress Tracker What progress have you made? Any obstacles?	