

# Chapter 5 Workbook: Catalytic Coaching and the Flywheel Strategy

## 1. Discover Your Passion

*Purpose:* Reflect on what excites and energizes you to align your goals with your passions.

**What activities make me lose track of time?**

**What problems do I feel naturally drawn to solve?**

**What topics or tasks excite me, even if no one asks me to do them?**

**What would I continue doing, even if I didn't get paid?**

## Next Steps

**List 3 Passions:**

**Actionable Steps for Each Passion:**

## 2. Energy Audit

*Purpose:* Identify where your energy is going and how to redirect it toward high-impact activities.

### Activity Log:

List your activities for the past 3 days.

### Top 3 Energizing Activities:

### Top 3 Draining Activities:

### Actions to Improve Energy Management:

## 3. Build Your Flywheel Plan

*Purpose:* Break your goals into small, consistent steps that build unstoppable momentum.

### Goal:

Write your primary goal here.

### Key Lever 1 and Actions:

Write the first key action step and small tasks here.

### Key Lever 2 and Actions:

Write the second key action step and small tasks here.

**Key Lever 3 and Actions:**

Write the third key action step and small tasks here.

## 4. Deliberate Practice Framework

*Purpose:* Focus on improving skills or habits through deliberate, intentional effort.

**Skill/Area to Improve:**

**Specific Steps for Practice:**

List small, actionable steps to improve this skill.

**Daily/Weekly Schedule:**

**Feedback Plan:**

**Progress-Tracking Method:**

## 5. Weekly Reflection & Adjustment Journal

*Purpose:* Reflect on your progress and adjust your approach to stay aligned with your goals.

**What did I accomplish this week?**

**What challenges did I face?**

**Are my actions aligned with my goals?**

**What's one thing I can improve next week?**

**What's one thing I want to celebrate?**

## 6. Catalytic Coaching Exercise

*Purpose:* Practice self-coaching or find external support for growth.

**What's holding me back from achieving my goals?**

**What's one limiting belief I need to let go of?**

**Who in my network can provide feedback or accountability?**

**What’s one bold action I can take this week?**

## 7. Celebrate Small Wins

*Purpose:* Acknowledge and celebrate progress to stay motivated.

**What’s the next milestone I want to achieve?**

**Steps to Achieve It:**

**How will I celebrate this milestone?**

Complete Workbook

**Signature:**

**Email:**