

30 DAYS OF  
COACHING

Reset

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# Week 1 Coaching Focus

*you!*

**This week is all about you!**

**This week is about identifying who you are now, who you are wanting to become and what you need to do, to be able to make permanent changes.**

**During this week, we want you to focus hard on:**

- \* completing your daily tasks**
- \* identifying your stories**
- \* establishing your new routine**
- \* completing your weekly reflection**

**This week is all about picking your pain.**

**Will you choose the pain of today - the sacrifice, the hard work, the physical pain?**

**Or will you choose the pain of later on - the disappointment, the starting and stopping, the regret?**

**Both paths hurt.**

**Which path will you choose?**

*We must all suffer from one of two pains:  
the pain of discipline or the pain of regret.*

*The difference is discipline weighs ounces while regret weighs tons.*

# Week 2 Coaching Focus

## *The Family Unit*

**This week is all about you and your family.**

**This week you will be prioritising your family above everything else. Too often we say yes to so many things and it is our family who suffers.**

**During this week, we want you to on:**

- \* looking at your family schedule and removing things that do not serve your family**
  - \* setting up and following a regular family routine**
- \* setting a date night for you and your partner or you and your children**
- \* expressing your love to your family in their love language**

**The family unit is the most important element in our lives.**

**We must work hard on building relationships and open communication with our loved ones.**

**Our children have a right to grow up feeling safe, secure, loved and worthy and we have an obligation to provide this for them.**

*The best inheritance a parent can give to his children is a few minutes of their time each day.*

# Week 3 Coaching Focus

## *Other People*

**This week is all about other people.**

**This week we are focusing on other people and the influence they can have over our lives, both the negative and positive.**

**Sadly, how often do we let people have power over what we say or do?**

**We are going to take the power back.**

**During this week we are going to look at:**

- \* comparison being the thief of our joy as it leads to dissatisfaction, doubt, uncertainty and unhappiness**
- \* learning to say no**
- \* learning to not care what anyone thinks of you**
- \* becoming a leader**
- \* taking risks and living fearlessly**

**It is time to stop worrying about other people and their opinions.**

**It is time to focus on our own path and our own journey.**

**You cannot get to your destination by following someone else's path.**

*Other people's opinions of you, do not change  
who you are*

# Week 4 Coaching Focus

## *The Future Self*

**This week is all about the future you!**

**In our preparation week, we identified Person A and Person B.**

**Person B may be hugely different to Person A or maybe only subtly different but we recognise that there are some things we need to change and we have been working towards this.**

**This week we are stepping up our game on becoming Person B. We are not taking no for an answer and we are focused, determined and refusing to quit.**

**This week we are going to look at:**

- \* what it will feel like to quit again**
- \* recreating ourselves is long term process**
- \* the power of habits and time**
- \* protecting our new habits and schedules fiercely**
- \* setting ourselves up for success**

**It is now time to make sure you are thinking clearly about who you want to become and what you need to do to get there.**

**What is your game plan?**

*It is never too late to become,  
who you were always meant to be*