



Sacred Depths

COACH CERTIFICATION

How to Create Strategies Resource Sheet

“ *Strategizing means co-creating a plan, a pathway of action, or a series of next steps to support your clients to execute and follow through on their Visions.* ”

Strong Foundation

- New things require a strong foundation or a strong container
- What foundation or container does this project need? (For example, does client need to carve out time for this? If client has children, do they need to get childcare?)

Every good strategy needs...

- A clear goal
- A due date for the goal (this can be renegotiated as needed)
- The guiding feeling – how does client want to execute this? What is a quality they want to bring with them in this process (e.g. sense of humor, curiosity, creativity)?
- Baby steps needed to reach goal
- Daily or weekly habits (this can be a part of the foundation piece)
 - When clients can blueprint like this, it helps them to pace themselves and helps things feel more doable and realistic
 - Creates a structure/plan the client can check-in on daily.
- Markers or celebrations that are built in

Understand Natural Rhythms

- Consistent Doers – work best doing a little bit every day or a little bit every week
- Deep thinkers and processors – need a lot of space around everything they do
- Tipping pointer – need to marinate on something for a while and once clicks into place they can take action
- Sprinters - doers who need breaks; can do a lot in a week and then take a week off