

## Instructions Coaching Tickets

Its goal is to let our life insights and wishes become something real. This is a chance to make a real change and breakthrough in our lives. Writing is a tool well worth trying to experience; it makes all those passing thoughts turn into something tangible:

- Define the topic you have selected from your daily life clearly and accurately. Write it in the appropriate field. Mark down the kind of process and the date as well. Fold the coaching ticket in two and place it on the process chart in its designated spot.
- After opening the process cards, mark on the coaching ticket the cards which have come up when opening them.
- On the reverse side of the coaching ticket, in the space designated for insights, mark the most significant thing in the process – a sudden realization, a quote from the book, a question raised, a passing thought.
- And now, if you wish to make a real change and are willing to act rather than just look on, make a special commitment to take action. On the ticket, mark the actions you choose to take concerning the selected topic. Don't make any concessions to yourself! Do everything you can to achieve your goal.