

NINA JACINTO

10 COACHING COMMANDMENTS

1

"WHAT GETS MEASURED GETS MANAGED"

- Peter Drucker. We can't achieve or prioritize our goals without gathering and tracking data.

2

YOU ARE THE DRIVER OF YOUR LIFE

You're in the driver's seat of your own life. No one else can do the driving for you.

3

CONSISTENCY > MOTIVATION

When it comes to cultivating our best selves, motivation is a nice to have. Consistency is the must have.

4

ONE ON ONE TIME IS SACRED TIME

The time we have one on one is both private and sacred to me. It's the time we set aside to focus entirely on *you*. Your goals, your dreams and your progress.

5

ASK, "WHAT HAVE I TRIED?"

Acknowledge what you've tried -- and what you haven't.

6

ASK, "WHAT CAN I CONTROL?"

We usually are able to control less than we'd like, but more than we think.

7

WEAR YOUR OXYGEN MASK...

...before assisting others. Take care of yourself first!

8

YOU CAN RESTART YOUR DAY ANYTIME

Don't wait till Sunday, or New Years Day. You can restart your day, week, month at any time.

9

MODERATION ISN'T FOR EVERYONE

Moderation isn't the solution for everyone. Not everyone is going to be a moderator - that's ok!

10

"YOU CAN DO ANYTHING YOU WANT..."

...but you can't do everything you want." - Gretchen Rubin