

*Dream Catcher Webinar: Live The Life You are Meant To Live*

Four Coaches: One Live Event

January 11th @ 6pm CST, Live Q & A

## Meet Your Experts

Julie Lokun, Masters Certified Life Coach

Tristin Hodges, Mental Health Professional & Life  
Coach

Tia Morell, Certified Holistic Nutritionist

Mika Altidor, Certified Life Coach

WWW.CROWNANDCOMPASSLIFECOACHING.COM

WWW.JULIELOKUNCOACHING.COM

NOTE TO SELF.

MY WORD OF THE YEAR IS

---

Shine!

# Inventory

WHAT IS HOLDING YOU BACK?

I. YOUR MORNING ROUTINE IS NONEXISTENT.

WHEN YOU HAVE SO MUCH ON YOUR PLATE AND EVERYTHING IS URGENT, YOUR PRECIOUS MORNING MOMENTS ARE SPENT IN A RUSH JUST DOING WHATEVER IT TAKES TO GET OUT THE DOOR AND ON YOUR WAY. BUT YOU'RE MISSING ONE OF THE MOST IMPORTANT OPPORTUNITIES WITHIN YOUR CONTROL TO ENSURE SUCCESS. YOU CAN DESIGN A MORNING ROUTINE UNIQUE TO YOUR LIFE THAT WILL PRIME YOU PHYSICALLY AND MENTALLY FOR BETTER PERFORMANCE. IF YOU ALLOWED EVEN 10 TO 15 MORE MINUTES TO DEVELOP A ROUTINE THAT ENERGIZED YOU AND BROUGHT GREATER FOCUS, YOU WOULD HAVE MORE CONFIDENCE AND BE MORE EFFECTIVE THROUGH THE DAY—INSTEAD OF BEGINNING IT WITH A SENSE OF OVERWHELM. MY ROUTINE INVOLVES A GRATITUDE WALK AND A BIT OF READING AND WRITING. I LOVE GETTING UP BEFORE EVERYONE ELSE AND ENJOYING THE STILLNESS BEFORE THE ACTIVITY OF THE DAY. WHAT IS YOUR ROUTINE?

2. YOU FORGET YOUR STRENGTHS WHEN HARD THINGS  
EMERGE.

OFTEN, WHEN WE ENCOUNTER UNEXPECTED SETBACKS, WE  
FLOUNDER OR ARE PARALYZED LIKE A DEER IN THE  
HEADLIGHTS. BUT IF YOU REMIND YOURSELF EVERY DAY  
OF YOUR STRENGTHS, IT WILL JUMPSTART YOUR PATH TO  
A SOLUTION BETTER AND FASTER THAN JUMPING INTO THE  
SPIN CYCLE OF SELF-DOUBT. ONE OF MY FAVORITE  
ASSESSMENTS IS STRENGTHSFINDER AND I LOOK AT IT  
EVERY WEEK (SOMETIMES EVEN DAILY) TO REMIND MYSELF  
TO TAP INTO MY STRENGTHS.

### 3. YOU MAJOR IN THE MINORS... ..

INSTEAD OF PRIORITIZING THE MOST IMPORTANT THINGS THAT NEED TO BE ACCOMPLISHED EACH DAY. THIS IS ANOTHER WAY OF SAYING THAT YOU WILL BE MORE PRODUCTIVE AND HAPPIER IF YOU MAKE INCREMENTAL CHANGES IN HOW YOU MANAGE YOUR TIME. IT COULD BE AS SIMPLE AS DECIDING EACH MORNING THE TOP THREE THINGS THAT MUST BE DONE EACH DAY, OR SETTING A TIMER TO FOCUS ON JUST ONE THING FOR 60 MINUTES WITHOUT INTERRUPTIONS.

4. YOU LET ENERGY VAMPIRES CONSUME YOUR TIME.  
THESE "VAMPIRES" CAN BE TIME-WASTING TASKS LIKE  
CHECKING YOUR EMAIL TOO OFTEN, OR THEY CAN BE  
PEOPLE WHO ARE NOT KEY TO ACHIEVING YOUR PROJECTS  
AND HAVE LATCHED ONTO YOU IN CONVERSATION BECAUSE  
THEY ARE AVOIDING THEIR OWN WORK. WITH A FEW SMALL  
STEPS, YOU CAN TAKE ACTION TO MANAGE YOUR  
SCHEDULE, SUCH AS PUTTING YOUR PHONE ON "DO NOT  
DISTURB" AND SETTING ALARMS TO ACHIEVE YOUR TASKS.  
THE NEXT THREE ARE HABITS BORN OF PERFECTIONISM.  
AS A RECOVERING PERFECTIONIST, I AM QUITE FAMILIAR  
WITH THESE! THE GOOD NEWS IS THAT ANYONE CAN  
CONTINUE TO MAKE PROGRESS IN OVERCOMING THESE BAD  
HABITS:

WHAT ARE THE BIGGEST ENERGY VAMPIRES IN YOUR LIFE?

5. YOU WORK ON TASKS THAT COULD BE DELEGATED TO SOMEONE ELSE.

YOU THINK THAT YOU CAN DO A BETTER JOB, SO YOU JUST DO IT YOURSELF. OR, YOU CONSTANTLY CORRECT OR MICROMANAGE YOUR TEAM, WHICH DRAINS THEIR MOTIVATION AND DISTRACTS YOU FROM DOING WHAT YOU DO BEST.

WHAT ARE YOU DOING NOW THAT SOMEONE ELSE SHOULD BE DOING?

6. YOU SPEND TOO MUCH TIME RECOVERING FROM A STUMBLE OR SETBACK.

INSTEAD OF QUICKLY ASSESSING A SITUATION AND DETERMINING A PLAN, YOU GET SUCKED INTO A SPIN CYCLE THAT DRAINS YOUR ENERGY AND FOCUS. YOU MAY HAVE FORGOTTEN THAT EVERY PERSON YOU ADMIRE HAS HAD MANY FAILURES AND SETBACKS—SOME OF THEM ARE LEGENDARY YOU CAN DEVELOP HABITS AND A MINDSET TO FIND THE MANY BENEFITS OF A SETBACK. FROM MY FAILURES I HAVE FOUND STRENGTH AND LIFE LESSONS. FAILURE IS APART OF LIFE.

WHAT HAVE YOU DEEMED AS A FAILURE IN YOUR LIFE?

WHAT LESSONS HAVE YOU LEARNED FROM THIS FAILURE?



7. YOU PROCRASTINATE.

A LOT OF OUR PERFECTIONISM IS TIED BACK TO PROCRASTINATION. PROCRASTINATION CAN MASK A LACK OF CONFIDENCE OR A FEAR OF BEING WRONG OR BEING CRITICIZED. PERFECTIONISM MAKES US SLOW TO START ON A NEW INITIATIVE OR TO BEGIN THE NEXT STAGE OF AN EXISTING ONE BECAUSE WE WANT TO BE SURE THAT THE STRATEGY OR PLAN WILL BE FLAWLESS. JUST RECOGNIZING WHEN PERFECTIONISM IS CREEPING INTO YOUR THINKING AND TIME MANAGEMENT IS A BIG STEP FORWARD.

AT THIS MOMENT-WHAT ARE YOU PROCRASTINATING ON?  
AND WHAT ARE THE TRUE REASONS YOU CHOSE NOT TO  
TAKE ACTION?

8. YOU AVOID DIFFICULT  
CONVERSATIONS.

OVER TIME, I'VE REALIZED THAT DIFFICULT  
CONVERSATIONS CAN BE PIVOTAL OPPORTUNITIES  
TO GAIN CLARITY, TO LISTEN AND LEARN, AND  
TO END THE CONVERSATION HAVING ENRICHED THE  
RELATIONSHIP. AND I'VE LEARNED THAT  
AVOIDING A DIFFICULT CONVERSATION MEANS  
THAT WE'RE NOT IDENTIFYING, FACING OR  
SOLVING PROBLEMS THAT, IF UNADDRESSED, WILL  
FESTER AND GET WORSE.

WHY DO YOU LET FEAR TAKE HOLD WHEN YOU NEED  
TO MAKE A DIFFICULT DECISION OR HAVE A  
DIFFICULT CONVERSATION?

9. YOU FORGET THAT YOUR INNER LIFE DETERMINES YOUR OUTER SUCCESS.  
THIS IS AN IDEA I EMBRACED LONG AGO, AND DR. HENRY CLOUD SAYS IT  
WELL:

“THE GOOD LIFE SOMETIMES HAS LITTLE TO DO WITH OUTSIDE  
CIRCUMSTANCES. WE ARE HAPPY AND FULFILLED MOSTLY BY  
WHO WE ARE ON THE INSIDE.

OUR INTERNAL LIVES LARGELY CONTRIBUTE TO PRODUCING MANY OF OUR  
EXTERNAL CIRCUMSTANCES.” FOR ME, AN INNER LIFE BEGINS WITH  
GRATITUDE. SOMETIMES I SIMPLY WRITE DOWN THREE THINGS I’M THANKFUL  
FOR IN THE MOMENT (ESPECIALLY IN THE HARDEST OF TIMES) AND IT  
IMMEDIATELY CHANGES MY PERSPECTIVE. OUR INNER LIFE GROWS BY TAKING  
TIME TO REFLECT ON WHAT IS POSITIVE AND WORKING—AND IT ENERGIZES US  
TO REPEAT THE PROCESS. IT FORMS THE BASIS, TOO, FOR LEARNED  
OPTIMISM. ANYONE CAN LEARN TO BE MORE OPTIMISTIC. WINSTON CHURCHILL  
SAID, “A PESSIMIST SEES THE DIFFICULTY IN EVERY OPPORTUNITY; AN  
OPTIMIST SEES THE OPPORTUNITY IN EVERY DIFFICULTY.

# Rate Your Life

**1-10/ 1=TERRIBLE  
10=MASTER**

- Overall Satisfaction
- Mindset
- Health, Wellness, Body Image
- Spiritual-Connection With The Universe
- Confidence
- Emotional Agility



# YOUR FOCUS

what is your biggest desire that you wish to accomplish this year?

what stands in the way of your success?

how can you purposefully remove this obstacle from your path?



*crown + compass coaching, llc*

*Please share your results and thoughts with us--the  
participant who is most thoughtful and interactive will  
win our grand prize!*