Events

people
- partner and family
- friends and colleagues
- others

settings
- work
- home
- social

trans actions

situations

Responses
- thoughts (cognition)
- physical reactions (physiognomy)
- feelings (emotion)

who is in charge here?

long-term impacts

actions

Outcomes

general
- mindset
- lifestyle
- self image

specific
- goals
- achievements
- repetitive unsatisfactory

Influences
- environment
- mentors
- teachers
- parents and family
- culture

The Person

habitual thoughts
- form comfort zones
- may be automatic and negative
- may be positive and empowering

beliefs
- may be universal or personal
- it may be beneficial to challenge them
- may be limiting or supporting

values
- individually neither good nor bad
- fundamental to the person - don't try to change them
- may conflict or be misaligned

from 123 to XYZ

TRAJECTORY COACHING