

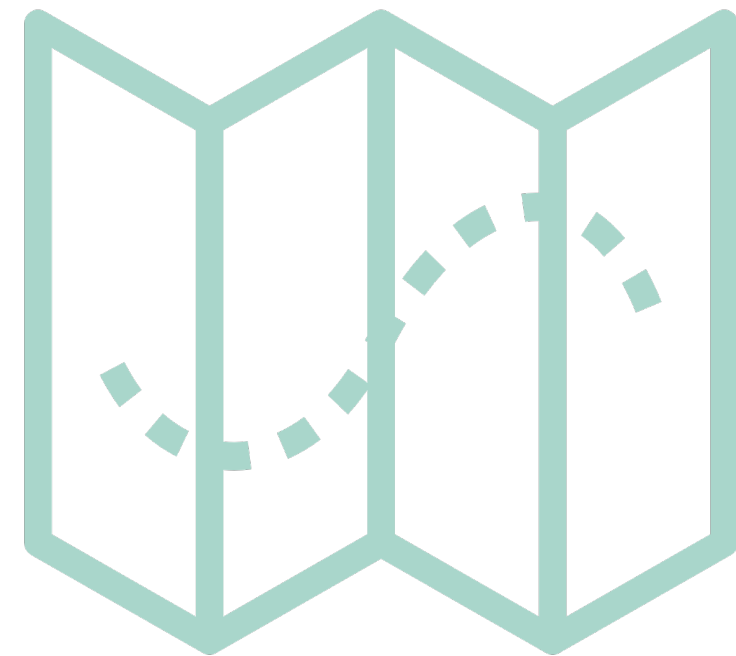
What is a Strategy?

A strategy is a plan for advancing a goal or a vision

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 vision



translates vision into
inner & outer action

Components of a Good Strategy

#1: Strong Container

- Clear goal (steps on the pathway)
- Due date for the goal
- Guiding feeling
- Baby steps needed
- Daily or weekly habits
- Built in markers or celebrations



Natural Rhythms

Different People have Different Rhythms



Consistent Doer

Day-by-day, week-by-week



Tipping Pointer

Marinate; once clicks into place, they take action



Sprinter

Tackle a lot all at once; then take a break



Deep Thinker

Invest time to process first