



*Mind Body Spirit Life Coach*

Coaching with Amanda Probst

Remember when we are working with The Model in achieving a goal, we put the goal in the Result Line and then go to the Feeling Line and figure out what you would need to Feel to be able to create that Result, then find the Thought that will give you the Feeling, and then take the Actions necessary to make that Goal happen

## Goal

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**C-** \_\_\_\_\_

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**T-** \_\_\_\_\_

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**F-** \_\_\_\_\_

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**A-** \_\_\_\_\_

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**R-** \_\_\_\_\_

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