



**ART OF COACHING PODCAST™ EPISODE 118
BEN NEWMAN: THE BURN**

What are some things you don't agree with in Ben's episode?

What connected with you the most?

**Describe your mindset when you first wake up. Is it usually positive, negative or neutral?
According to Ben, why is it important to control your mindset at the beginning of the day?**



Right now, write down a goal in the space below. Does it scare you? Is it realistic/practical or is it lofty/extreme? If it doesn't scare you a little bit, rewrite it in a way that requires you to push past what you know is within immediate reach.

You might be checking the boxes of your job description, but what are the “un-required” things (you don't do currently) that could take you to the next level?

If you were to follow Ben's suggestion and pick something to do for the 30 day challenge, what would it be?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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