



**ART OF COACHING PODCAST™ EPISODE 159
SOLO EPISODE: MY MOST VULNERABLE EPISODE SO FAR**

First, take some time to reflect on each of the following lessons Brett shared:

1. The Stories You Tell Yourself Will Absolutely Steer Your Life

2. It's Your Responsibility to Make It Stick

3. Winners Suffer Longer

4. The Answer Is Always "No" If You Don't Ask



5. Clear Goals Are NOT The Only Way to Get What You Want

6. You Can't Do It Alone

Now, what are 3-5 of yours? Use the space below to write them down and illustrate with related stories.



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.



Art of Coaching Podcast™
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