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**ART OF COACHING PODCAST™ EPISODE 241**  
**LACHLAN WILMOT & KARL GOODMAN: HOW TO BUILD YOUR TEAM & SCALE YOUR IMPACT**

What is your ultimate professional goal/ destination/ end game/ or purpose?  
Clarifying this will help guide your short and long term decision making.

Make a list of tasks and responsibilities you have on a daily, weekly, monthly, and yearly basis (as applicable).

Divide these into 3 groups:

- circle the ones you truly enjoy/ get the most fulfillment from
- put a dot next to the ones you might be good at, but don't necessarily enjoy
- put a line through the ones you dislike, and you would delegate if you could

Daily:

Weekly:

Monthly:

Yearly:



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Choose one task in the "dislike" category and create a documented system (if you don't have one already). Start by writing a step-by-step set of directions for how this task is completed. Make it as detailed as possible, with all the side notes and tips you've learned from experience. (This may also include a thought process for decision making and specific details to note about the given context). You can repeat this process for all tasks in the middle and bottom categories.

If you haven't already, what is keeping you from delegating these tasks?

What steps do you need to take to put yourself in a position to delegate? Do you have the right people? Do you need to re-structure how decision-making power is distributed? Do you need to create, document, and implement training systems? Do you need to be more trusting and allow others to help you? Or something else?



## Art of Coaching Podcast™

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### 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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