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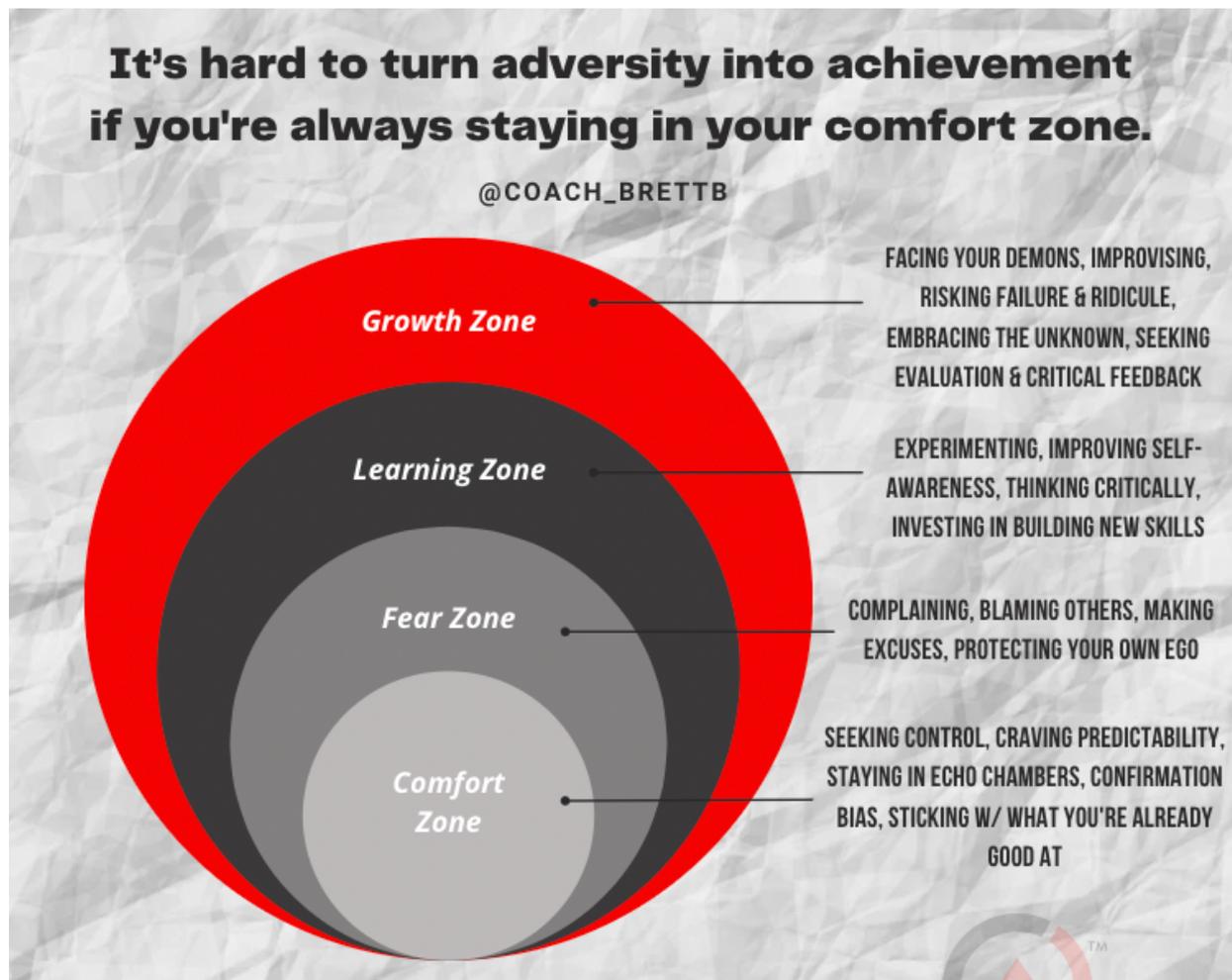
**ART OF COACHING PODCAST™ EPISODE 244  
THINGS YOUR FUTURE SELF WILL THANK YOU FOR**

Think of a recent miscommunication or misunderstanding you've had. Put yourself in the other person's shoes, and list out the ways YOU might be the problem.

What kind of feedback or criticism is most difficult for you take or accept? Think of a time when you did not respond well. Did you miss an opportunity to grow?

Who is in your "circle" or sphere of influence? How are you investing in your bonding relationships? Do you need to shrink your circle?

Use the below graphic to reflect on your pursuits. Identify specific examples of ways you've operated within each zone. What is one thing you can do this week to step out of your comfort zone and closer to achieving your goal?





## 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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