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**ART OF COACHING PODCAST™ EPISODE 288**

**JAMES REID: YOU ARE NOT ALONE: A REVEALING CONVERSATION ON PERSONAL STRUGGLES  
& THE IMPORTANCE OF CONNECTION**

Sometimes, life goes off script. Think of a time when life didn't quite go as planned. How did you respond? What were you thinking, feeling, and how did you physically respond?

Looking back on it now, what would you do differently? What lessons did you learn about your preparation and your posture in those moments?

Sometimes we need to employ constraints in our lives to help us improve our efficiency, productivity, and resourcefulness. What types of constraints do you currently utilize in your own life and what skills do they help you develop?



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Think of a goal you want to achieve or a habit you'd like to pick up. List out 3 constraints you can put on yourself to help you take steps in the right direction. Some examples might be time based deadlines, an accountability buddy, or some type of reward system.

What is one thing you are struggling with that you know you should probably ask for someone's help with -even if it's just for an encouraging voice? List 3 people you can call today, and make them aware of what you're going through.

List 10 people you can text or call in the next 2 weeks, just to check in with them and let them know you're thinking about them.



## 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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