



**ART OF COACHING PODCAST™ EPISODE 300:
THE LONG GAME - CREATING MEANINGFUL WORK THAT ENDURES**

Our lives are made up of a number of endeavors we choose (or don't choose) to take on - careers, relationships, goals or challenges, etc. Write out a list of endeavors in your life - past, present, and even some you'd like to take on in the future.

For one of your previous endeavors, reflect on the life of it - what was the original vision and how did it morph/ change as the idea came to fruition? In what areas were you “the underdog” and how did you overcome those roadblocks?

In a current endeavor, list out your top 3 most memorable moments or interactions. Why do they specifically stand out to you? What value do they bring to your daily tasks or responsibilities?



Think about who your audience is TODAY. This can be at work, at home, at the store - wherever you'll be! Because the best content is real life, what is happening in your life right now, that you can share and add value to the lives of those around you? It can be a funny coincidence, a hard conversation, a pretty sunset - anything!

Think of an example of a message you heard several times before it really hit with you. How many different ways did you hear it, and what worked best? Why? List out 5 ways you can share your message from the previous question.

The ultimate test in any endeavor is to ENDURE. With that said, what do you need to keep going? Is it information? Encouragement? Tools and strategies? Practice? Make a list below and then send it to us at info@artofcoaching.com so we can do our best to help you!



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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