



My Daily Self-Coaching Rituals

Mindset- I will pause to reflect, pray or meditate, creating a positive outlook for my day.

Organization - I will prioritize & manage my day with a system for success.

On Purpose- I will reach out to new people and past clients about my business or purpose.

Review/Revise - I will gratefully review, revise and acknowledge my wins and challenges.

Focus - I will work to maintain my focus, using my positive “triggers” as guides.

If I get stuck or if I have a big win, I will call my coach

Susan Ross, 805.620.2404 blueoceancoach@aol.com