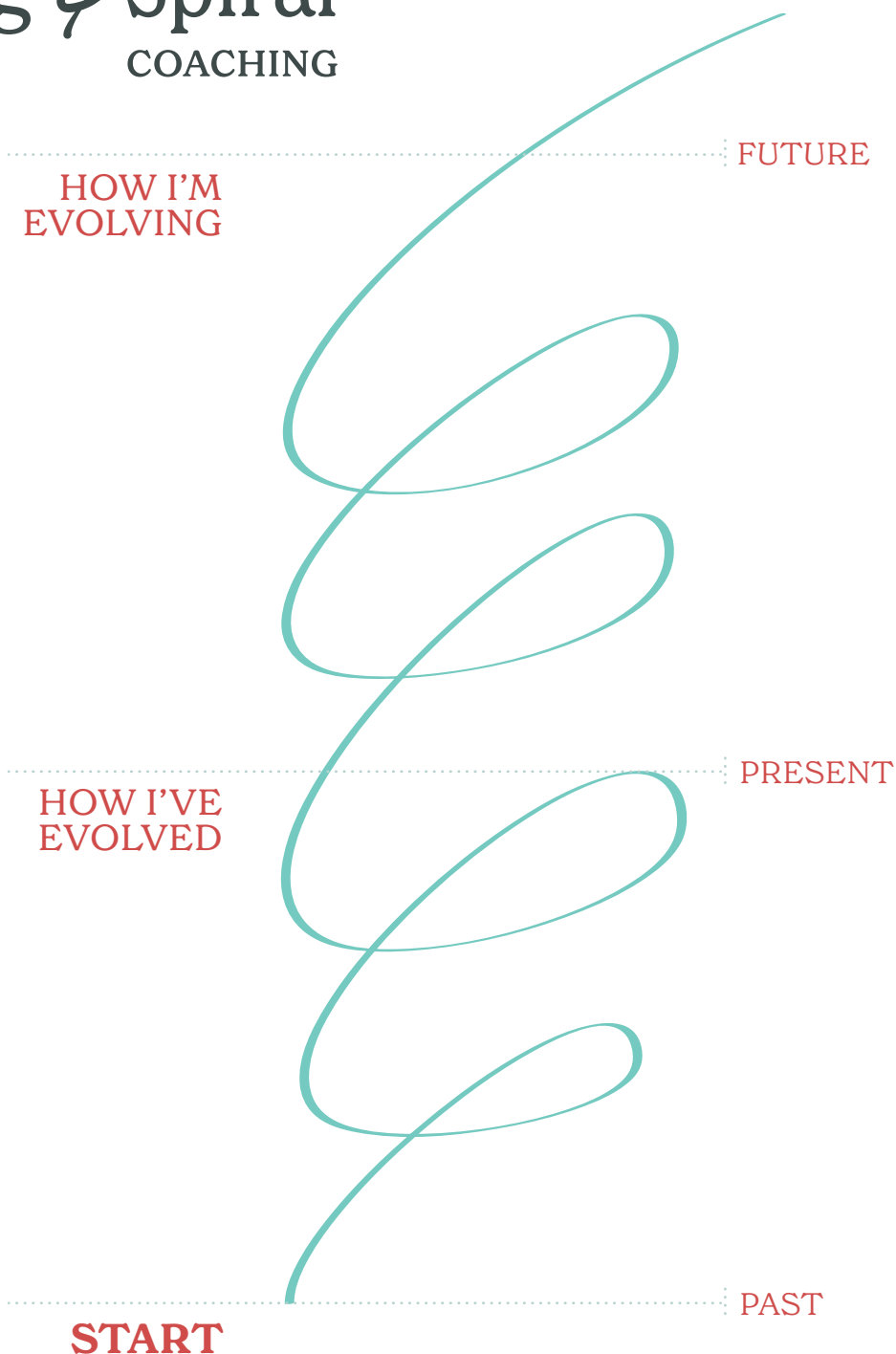


# Rising & Spiral

COACHING



## MY Rising Spiral FOR

a habit, quality, or goal you've been working on

Starting from the bottom section and moving up, describe your thoughts, emotions, actions, and/or results around this aspiration as:

1. your **Past**, less skillful self
2. your **Present** self
3. your **Future**, more skillful self

Take a moment to read through your Rising Spiral, celebrate the progress you've made, and observe how you are continuing to spiral upward.