

# Week 7 Focus – Resourcing and Past Experience

Focus Question: What can you do to leverage what you already have done?

## RESEARCH/STORY

What helps coaches be successful with their work?

As a professional it's likely that you have already had many accomplishments. These can be leveraged for future successes.

In this week's focus you are invited to think about what past successes you have enjoyed and created for yourself.

## ACTIVITY

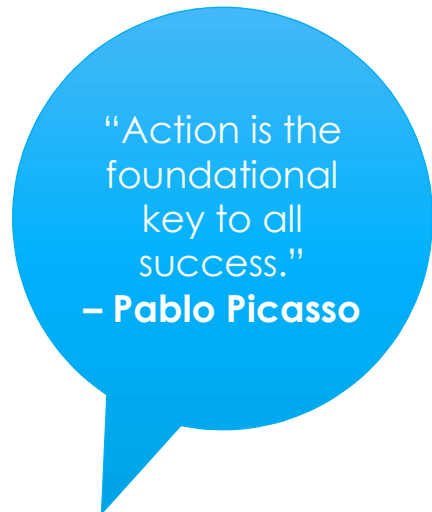
Take a few minutes to list the top 10 things you are most proud of accomplishing.

As you identify the experiences, note:

What were the skills you utilized to make them happen?

What was the learning created through that experience? How can you apply that going forwards?

Experience	Skills Used	Learning Created From the Experience



“Action is the foundational key to all success.”  
– Pablo Picasso