

ACCOUNTABILITY PARTNER COACHING TEMPLATE
SKILL 3: EMOTIONAL AWARENESS

This form can be used for each accountability partner coaching session and further referenced as your action plans. The bolded word in each question can be used for quick reference for each reflection point. Remember the same guidelines of Mindful Dialogue apply to coaching dyads as well: be completely present, avoid asking questions not on this template, withhold unsolicited advice, and maintain total confidentiality.

On the line directly below, please identify your partner's name, email, phone number and the date of your first session.

1. Share the ways you followed through on your commitments from last week. Even small steps are important. Remember to celebrate **progress** and that progress – not perfection -- is the goal.
2. Do you have any **questions** about this CIT skill? If so, what are they? Is any part of it confusing or do you disagree with any of the material? If neither partner knows for sure, feel free to ask your Facilitator.
3. What part of the reading and practice associated with this skill is most alluring or **enlightening** to you that you would like to remember?

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4. As you consider applying this learning to your life, what **habits, attitudes, beliefs, or behaviors** are being invited to change? Write your insights below to review them occasionally, which will help you build the CIT skill.

5. What **actions and practices** do you need to build Skill 3, emotional awareness? Be specific (describe the practice, when you will practice and how often).

6. What is your plan for overcoming anticipated **obstacles**?

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7. What **self-talk** or internal dialogue needs to change for you to move forward? Is this self-talk a beneficial mental state or a harmful mental state? How so? Write the replacement thought or phrase here.

8. What is one thing that you could **commit** to doing before our next session that will help you build this CIT skill? Use the SMART goal formula in crafting your action or practice: Specific, Measurable, Achievable, Relevant, and Time-Bound.

9. What **support** do you need to do it? What do you need to ask from whom? Articulate the requests you need to make from others.