

WHAT DO YOU NEED FROM YOUR TEAM TODAY?

You're the coach - check In with your team!



INTELLECTUAL SELF

Prompt: Am I being curious and learning?



EMOTIONAL SELF

Prompt: Am I being open and loving?



PHYSICAL SELF

Prompt: Do I need to move and/or listen to my gut?



SPIRITUAL SELF

Prompt: What does my intuition say? Am I on the right path?
