

**Three Month Assessment**

What three lessons have resonated with you the most during the last three months?

1.

2.

3.

**What Commitments Have you Lived up to?**

**What Could Have Been Done Better?**

**What Lesson do you need to Revisit?**

## 6 Month and 12 Month Assessments

*In the last 6/12 months, how have these lessons helped you improve?*

*What has worked and what has not?*

*Is there anything you learned that you have shared with others?*

*Is there anything you learned that you have adapted to your own style?  
If so, what have you adapted?*

*Who have you reached out to other than coaches?  
What have you learned?*

*Have you been there to support other coaches?*

*What has been your greatest struggle/hardship?*

*Have you revisited your coaching mission statement and coaching philosophy?*

*What have your athletes taught you?*