

How Coaching through Journaling works

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Idea to Action Coach
www.lifeskills-coaching.com



Design the life you really want





If you're going to dream, dream big. Remarkable things can happen.



Tools

Config

Promote

Training

Actions

DashBoard

Create a New Profile

Your
Username:

[what other members will see (ie, your name). **You CAN use spaces!**]

Password:

Private

[6 to 20 characters: a-z, 0-9 and underscore]

Retype
Password:

Private

Email Address:

Private

[A confirmation email will be sent]

Member Type:

*

[Create Coach Profile](#) | [Resend Email Invite](#)

The following fields are optional. The user will be instructed to complete this form

Personal Information

www.lifeskills-coaching.com/forms/www.lifeskills-coaching.com

When you click on the link you come to this page. Fill in the form to create your profile



Your full journal is found here

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Welcome jakiws, [sign-out](#)

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Welcome jakiws, post your journal

Post a new Journal

[Step Beyond your Barriers](#) 3: The Vision

You have located where you are, and identified where you want to be. This week you are putting it all together to create your vision. Aim to have a complete, written, vision statement by the end of the week. It is important to do so, as you will [more...](#)

[Click to Auto-Save](#) [Spell Check](#)

Course: [Copy of My Inner Strength](#)
Date: Sun, Aug 5th at 12am EST
Phone:

With a profile you can sign in and start journaling immediately.

Select your course **Lesson number and title**

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Big remarkable things can happen.

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Step Beyond your Barriers

3: The Vision

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Click to Auto-Save

Spell Check

mmmmmmmmmmmmmmmmmmmm

Write your journal here.

Click auto save often to keep your work, and you can spell check. Select who can see your journal, and who can comment. When done click submit

Topic

(optional)

☒ Allow public comments

Allow

Just my Coach

to see my Journal.

More Privacy Options:

Submit

Invite a friend to join
lifeskillscoaching

Coming Up

Course: Copy of My Inner Strength

Date: Sun, Aug 5th at 12am EST

Phone:

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Wekesa | pop
Westlands, Kenya
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Step Beyond your Barriers3: The Vision

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The Journal was created successfully

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My My Friends My Courses



Session 3: The Vision • Step Beyond your Barriers

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pop
s, Kenya
uesday

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