

What do Allies DO?

Traditional accountability focuses on what you've done, is shame-based, and is destined to fail. An ally that helps your journey helps you look forward. Here are questions to start. Work with your ally to make questions personal and helpful.

Where are you today?

- What is your stress level today?
- Are there any needs you are depriving yourself of?
- How are you and your wife connecting?
- How are you growing in God this week?

Future Focus:

- What is coming up in your week ahead that could be a challenge?
- How are you taking care of yourself (if it has been a hard week)
- How are you celebrating your wins (if it has been a good week)
- Are there any doors of opportunity you need help closing down?

Past Key metrics:

- How did you go through last week's challenges?
- How did you engage the goal you set last week?
- Did you have any USB?

If USB happened:

- What was the USB (or temptation) trying to tell you about your needs or emotions?
- How could you have engaged those needs differently?
- Is there anything we need to do because of USB happening?



Coaching Network

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