

# IMPROVE YOUR COACHING SKILLS

## CHALLENGE

### WHY NOT

Write down an activity that makes you money and then rate the activity from 1-10 for the amount of pleasure and pain it causes you. Divide Pain by Pleasure. Then mark down whether you should do the activity (+) or shouldn't (-).

Wealth Building Activity	$\frac{\text{Pain (1-10)}}{\text{Pleasure (1-10)}} < 1$	Action (+) (-)
Freelancing	$\frac{2}{8} = .25$	+

DAY 1 WORKSHEET

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