

## Book Coaching Testimonial From Tracey

When I started my book coaching sessions with Di, I was feeling very overwhelmed due to the fact that I was relocating in 6 weeks as well as writing my book Happy Mind Formula and being committed to completing two courses related to my book.

I didn't want to use moving as an excuse to not write for 6 weeks.

In my coaching sessions Di worked with me to set a goal to finish the food section of my book before I relocated. In this process we worked through 'chunking' the goal down. Di helped me to break the goal down into much smaller sections, which made it much easier for me to manage.

As a result, what initially seemed overwhelming became easy because I only had to complete one section of the food chapter each week. This allowed me to focus on that particular area and be so much more productive and creative.

Having a coach also removed any opportunity for procrastination. We set goals each week and these goals were reviewed in our call the following week. Having this commitment helped to make sure that no obstacles got in the way of me achieving my goal.

In 5 weeks I have managed to complete writing the food section, stay on task and de-clutter my home ready to relocate. Thank you for providing me with a special place to achieve my book writing goals in what could have been a challenging time.

T. C.  
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