



# WELCOME TO 7 MOUNTAINS COACHING!

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## Instructions:

During this “Beta-Phase” we are providing materials that will be professionally presented in the national roll-out. You have the opportunity to be trained now at the lower cost as an early adaptor with this version and give us feedback on any adjustments needed from your experience.

## Here is the way to navigate your packet.

1. Listen to the audio from Lance Wallnau on 7 mountains if you are not familiar with this metaphor
2. Listen to the Introduction to the “Transformational Intelligences” audio and schedule in a time each week that you can listen and learn to the others.
3. Each week listen to the “Intel” audio and have the corresponding “Self-Assessment Wheel” in front of you for that Intel. Reflect on each quadrant and spoke and note your “present level of satisfaction” for each area by marking on the spoke a point from 0-10 with 10 being “perfectly satisfied”. Be prepared to discuss your findings with your spouse, team member, peer or professional coach to glean insights from your reflections. Decide what “wheel” priorities you want to present to your professional coach to help you develop a Personal Development Plan (PDP) that is tailor made for your success. If you have purchased this valuable coaching package with professional assessments this will also become a topic of conversation with your “peer coach” by phone or internet dialogue weekly for maximum learning.
4. Each day/week you will be surprised by the creative insights you will receive through the unique method of “Journaling”. Each day/week reflect on the questions on your Core Values, and see how they may align with the weekly reflections on your “Intels”. If you have purchased the coaching package with professional assessments this will also become a topic of conversation with your “peer coach” by phone or internet dialogue weekly for maximum learning.

## 7M Complete and 7M Complete plus 4D:

5. Take the “Uniquely You” Self-Assessment and record your insights in your Journal. Reflect on how your Design (who you are), your Desires (your core values) and your Dreams (your life-long converging focus) can be combined with certain “Intels” to reach your Destiny (impact your Mountain).
6. With the professional coaching package comes the 360 on-line Assessment. Your coach will schedule your sessions with you and go over the results of this assessment after you take it.