



TransformingLives.Coach

The Hero's Sherpa

Guiding Your Clients Through Life's Challenges

If you don't take time to sit and reflect before you leave, you'll surely be remembering what you've forgotten on the way to the airport or on the plane; by then it's too late. This tends to be true for what goes into your bags as well as what goes into your heart about your journey. The Art of Pilgrimage, Phil Cousineau.

Module 2: Prepare for Your Journey

1. Read Part 2, *Prepare for Your Journey*
2. Journal any insights
3. Be prepared with any questions for class