



# A TIGNEY SOLUTIONS INSTITUTE COACHES STRATEGIC MASTERMIND GROUP FEBRUARY NEWSLETTER



SHARE WITH ANOTHER COACH AND MAKE SURE TO MAXIMIZE YOUR MEMBERSHIP

## ARE YOU GETTING COACHED?

Stay on schedule coaches! As you are practicing your profession, be sure that you have a place to unload and be refined. There is a huge benefit in having someone assist you as you develop your business in your world.

## STAY IN THE KNOW!

Be sure to check out ATigney Solutions for upcoming classes and updated coaching group information. There are a lot of things under development. Be sure to stay connected.



A TIGNEY SOLUTIONS INSTITUTE PRESENTS COACHES STRATEGIC MASTER-MIND GROUP

1ST THURSDAYS AT 6PM - 7PM ARIZONA TIME

Via Zoom Video Conference (The link is provided to paid subscribers)

### YOUR MONTHLY SUBSCRIPTION AFFORDS YOU:

- ✓ A monthly strategic newsletter to keep your practice growing
- ✓ Updates and opportunities on continuing education and in the field of coaching.
- ✓ Two 30-minute mentor coaching sessions a month (mentor coaches)
- ✓ Monthly forum for strategy, support, and practice sustainability
- ✓ Referral System
- ✓ Discounts on training, conferences, and meet-ups

\$50 PER MONTH

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## From The Master Coach

### Intentional Goal Setting for Success!

Master Coach Arthur Tigney



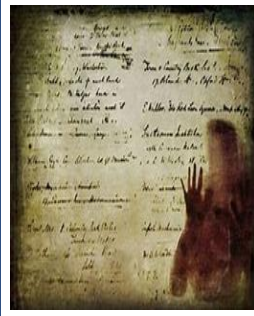
As coaches and leaders, it is very easy to get caught up in helping others to set and reach their goals and forget about your own. This can also be an issue for those who are serving others in any capacity. The urgency to be there, to do this, and make it happen for someone else can easily derail your personal success and intentions.

This month I want you to be very intentional about not only setting goals but accomplishing them. This month I want to give you some spiritual principles wrapped in practical application for your success! Ready? The first principle a double minded person is unstable in all their ways (James 1:8) is extremely important! One of the biggest reasons people don't follow through on goals is they have not really made up their minds to do so. When setting goals, it is important to know that the goal set is the one you desire to see fulfilled. Setting a goal that can easily be replaced by the next "urgent" thing is not a goal worth setting.



The second principle we have heard is to write the vision down and make it plain so the watchman who reads it can run. This is significant, the more you see what you say the more you can be it! It is important to create vision boards or vision statements. Remember it must be plain, to often when I check in with clients they can't easily restate their vision, or undeniable benefit statement. Lofty words sound good but are easily forgotten. Even trying to create some huge goal that will take years to complete. It's okay to break it down into fulfillable steps!!!! Remember to K.I.S.S. it! Keep it Short and SMART.

The Third principle becomes the sustaining principle for intentional Goal settings. Proverbs 6:2 reminds us that "you have been trapped by what you said, ensnared by the words of your mouth." This becomes a powerful principle in many ways. First the obvious presentation brings about a negative connotation.



When we speak against ourselves and our ability to fulfill our goals that becomes the world we live in. After all the previous steps have been followed this is where we will gain or lose traction on the road to goal attainment. If I must be trapped or ensnared; how POWERFUL would it be to be trapped in INTENTIONAL SUCCESS? This is where rehearsing and "articulating" what you want will begin to frame the world that you live in! Recite your Goals daily! Remind yourself of what God said, you said, and allow it to become who you are.

## Questions?

Contact Chanise Gilliam at A Tigney Solutions Institute. Access all tools and previous CSMG recordings directly through her.

I hope the next time we talk you will have many victories of intentional goal setting and completion. Start where you are and grow into who you are called to be.