

## Kimberly Allen's Coaching Philosophy

1. **Take any prescribed medication without fail**, under consultation with your healthcare provider. Call first if you believe the prescription should be changed.
2. **Suit up and show up.** Every day matters. Show up and be your best self every day, recognizing that what your best self looks like may differ from day to day.
3. **Be disciplined.** Learn to take appropriate action and make good decisions with increasing regularity.
4. **Be responsible.** You are able to respond in situations in a way that better your life. Make those choices.
5. **Take your next right step.** Looking down the road can be overwhelming, but any movement toward a goal—no matter how small it may seem—is an accomplishment.
6. **Learn from your missteps or mistakes.** Don't let them derail your progress.
7. **Believe in yourself.** – You can do it!
8. **Ask for help before when you need it.** Don't wait until it becomes a crisis.
9. **Celebrate yourself.** You are an unusual, interesting, beautiful person who is worthy of love and goodness.
10. **Celebrate your progress.** Use a list or journal so you can track your improvement. Always have a plan and then celebrate those goals!