



A structure is a way to call a person's attention to something that they want to make sure is held as important in their life. It usually prompts the person to remember the significant commitment or thought, and to take action on their commitments.

General examples include:

- Buying and wearing specific jewelry that represents that idea/commitment
- Having an exercise partner
- Making a weekly commitment with a friend to talk on the phone

Coaches act as a structure for people to make sure they are moving forward on their biggest dreams.

Questions for you:

1. What do you want to create a structure for?
2. What will most powerfully keep you connected to that?
3. When will you put that structure in place?
4. Who will you enroll to support you in keeping that structure alive?