

## Coaching Points

- Set a specific day and time for your weekly workout.
- Find a specific quiet and private place to do your workout.
- Be consistent. Keep your workout appointment every week.
- Commit to follow the “Individual” workout format faithfully.
- Follow the content lineup for Season #1.
- View or listen to series episodes for free streaming on-line at the CTG website or you can purchase a DVD through the website.
- A Workout Guide containing workout questions and reference material for the series episode can be downloaded for free from the CTG website.
- Make a hard copy of the Workout Guide/Questions, so that you can make notes.
- Reflect upon the workout questions and reference material from the Workout Guide during your workout.
- Keep your Workout Guides/Questions in a notebook.
- Write down your action item each workout and keep notes on your progress.
- Make a concerted effort to accomplish your action item before the next workout.
- Focus on your spiritual training between workouts.
- Since CTG believes so strongly in team workouts, we highly recommend, as soon as possible, you should either join or start a “Team” Spiritual Fitness Workout.