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## STUDY INTRODUCTION

Life has many big moments of transition: starting a new job, getting married, having your first child. Uncertainty during these transitions can cloud your judgment. How do you prepare now to make good decisions then?

## USING THIS GUIDE

1. Print a copy of the guide for each member of your group.
  2. Watch the video as a group and use the guide to follow along and take notes.
  3. Complete the discussion questions when prompted by the video.
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## VIDEO NOTES

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## LET'S TALK ABOUT IT

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1. What has been one of the trickiest transitions you've made?
2. Have you ever invited someone else's opinion into a big decision? Did you follow the guidance you received?
3. The best coaches have two qualities:
  - Authority (They are trustworthy.)
  - Clarity (They are outside the circumstances clouding your judgment.)

Does anyone with these qualities come to mind?

4. Even if you have a great coach, Gavin said, "It's a whole different complication to begin to trust what you're hearing from them." When have you pushed back on advice you knew (but maybe didn't want to admit) was wise?
5. What can you put in place now to make it easier to trust a coach's advice in the future?