



1, 2, 3 Tough Love Assessment :

Note to Self Only

As their coach ask yourself:

1. Do they lack ego (they can't stand up for themselves or others)?

When they lack ego it's better to use tough love with a lot of caution. Use only sparingly, if at all. It will scare them away. They might not be your ideal client.

2. Do they have a healthy ego (they can stand up for themselves and others)?

When they have a healthy ego, tough love is between you and the Creator, in the moment, when you step into courage and do what you are divinely inspired to do. It happens without you, it comes through you. It's very humbling. You can't plan it. You feel it, it's busting out of you.

If someone has a healthy ego, their self image on a scale of 1 - 10 if 1 is pure negative and 10 is pure positive, they should at least be a 5. If they are at least a 5 there is a lot more room to be on point with them.

3. Do they suffer with an 'excess' of ego (they stand up for a false part of themselves, worship the false God of power, aim to dominate - which might also be a lack)?

When they are heavily weighted down by ego they may have fake self-confidence, masking, a strong persona, be unrevealing, maneuvering, have sophisticated resistance and ways out of the hard work of self study.