

# Getting the Most out of Coaching as an INTJ

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As I have coached INTJs, I have developed the following tips for beginners to coaching. These tips should help you prepare to get the most out of the time we spend together.

## Tip 1. Identify a Problem or Goal, No Matter How Simple

Before each coaching session, write down some things you'd like to discuss or work on.

Here are some examples:

- **Problem:** I am struggling in my classes at school, and no matter what I do, I can't seem to fix this.
- **Problem:** I want to become wealthy, and I feel like I know how to do it, but I'm procrastinating it.
- **Goal:** I want to increase my life satisfaction this year.
- **Goal:** I want to find a sense of direction in my new job.

## Tip 2. Commit to Being Open About Solutions

Are you ready to treat each new day as one which can potentially change your life?

I like to call this the "you never know" stance.

It's important to remain open to any kind of solution or positive outcome.

## Tip 3. Reflect on Your Progress

I encourage all of my clients to keep a record of their progress.

For many INTJs, this may start out as a simple list of life achievements, for example. For those experienced with journaling, it may involve new updates to an existing journaling or life-tracking system. Others may wish to start a blog or a podcast.

## Tip 4. Take Care of Yourself

Life doesn't last forever. If you're having a rough day or week, take some time off. Set a boundary around your work and creative processes. Go get a treat.

And while you're at it, keep track of the things that seem to make you feel good inside, more like a human.

Each new care experience of this kind will help you put that last rough patch behind you just a little bit faster.

## Conclusion

I hope these tips are useful to you! Please keep in mind that I do offer a [complimentary session](#), so you can try out coaching and see how it can help you.

Marc