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# Coach Yourself...complimentary session

*Transformational Self-Confidence Coach*

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## OVERVIEW -

In order to answer the questions on the next page, we first need a clear understanding of **WHY** you need to align yourself. Our vision, our values, and our identity are the things that we believe are important in relation to how we live our lives. Whether we recognize them or not - they exist! We can make life much easier for ourselves by acknowledging our quantum mysticism (consciousness) by making plans and decisions that honor them.

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## PURPOSE -

Many people have good intellectual knowledge of their situation, but nothing changes. They are on the level of knowing, however, this level is not enough to make the change happen. Many people want to change and again, this is not enough either. How do you make that first step?

## SESSION -

Choose a topic in one area of your life where you could benefit from being coached right now. (Look at something that you have been dealing with within the last 2 months if it helps.) Use the questioning below to see what progress you can make.

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## Vision - \*Optional

- Q. If things were exactly the way you wanted, What might that be like? Look like?
- Q. What value would others get from you being/doing having this?

## Identity -

- Q. What sort of person do you need/want to be in this situation?
- Q. Who are you becoming by taking this kind of step?
- Q. What words capture that identity?

## Values -

- Q. What importance do you see in making this change/following through/persevering?
- Q. Why is this important? Why else?
- Q. What does this mean to you? What value does it have?

## Capabilities -

### *Understanding*

- Q. How will you achieve it? What skills do you have?
- Q. What skills do you need to develop?
- Q. Where is improvement needed?

### *Describe the activity that will reinforce this session*

- Q. What actions need to be taken next? On a daily basis?
- Q. Which actions are most important? What actions will you take this week?
- Q. What actions will others notice as most relevant?

## Environment -

- Q. If you were to draw a timeline to reach your outcome, what would be on it?



*Transformational Self-Confidence Lifestyle Creative Coach...*

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*Navigating success for true champions...*