

Pre-Coaching Reflection

What do others compliment you on, give you credit for, or seem impressed by that feels easy and effortless to you?

What are the 3 biggest changes you want to make in your life over the next 5 years?

If anything was possible - you didn't have to worry about the how - what would you wish for your life?

List 5 things that you feel you are 'putting up with' right now:

What gets in your way of getting things done or making changes you want to make?