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COACHING FOR STRONG WOMEN



Building your passion-based business Workbook

Your desires

1. What makes you happy?

2. Which activities make you forget time?

3. Which magazines are you interested in?

4. If you are at a party with groups of people talking about different things, which topic would you love to discuss?

5. What are you passionate about?

6. What have you been trained for?

7. What were the main themes in your life?

8. What do you value?

9. Think back on a time when you felt really good. What were you doing, What were the circumstances like? Which values were you living?

10. Now think of a time when you felt terrible. Again, what were you doing? What were the circumstances? Which values did you ignore?

11. What are you truly good at? What comes really easily to you?

Clarity

Get a really clear picture of the life you would love to live. Print out photos, write about it, and then put it all together in a journal or on a vision board. And then every day, look through it and feel and see yourself already living your very best life.

Collecting ideas

1. Get very clear on how much money you need a month to live your dream life.

2. How do you want to structure your work day? How many hours a day would you like to work? How many days a week?

3. Whom would you love to work with? Paint a clear picture of your ideal client, somebody with whom you can easily do your best work.

4. Brainstorm, both on paper and with other people, how you can create the amount of money you want every month.

Actions

1. Make a firm decision to make your dream life happen, and sign on your journal or vision board.
2. Find a mentor, somebody who has done what you would like to do
3. Decide once a week which actions you can take in the coming week that will earn you money. And then do them!
4. Start doing what you say you would love to do, every day.
Coach or write or heal or do whatever your passion is, even if you don't yet earn money with it.

Congratulations! You have taken the first steps
towards building your dream life. If you are
looking for private support and further resources,
you can find both at

www.jutta-dobler.com