



## Your Free Coaching Guide

### Start creating clarity now!

***What you can expect:***

5 powerful questions that invite you to think more deeply about where you would like to improve your life, work and the way you lead.

***What is required of you:***

Self reflection requires you to stop, take a step back and be frank and honest with yourself. This is the start of a process of making powerful changes that will impact your work and life positively.

***Be warned***, there are no quick fixes. Discovering where to focus your change efforts requires an open and curious mind, one that is excited by new possibilities.

***How will this help you:***

Taking time out to stop and reflect honestly is the starting point for any positive change. Getting it out of your head onto paper is an act of forward movement and honest self acknowledgement. Creating clarity on what areas you want to improve will help you to work out the next steps and whose support you need to make changes.

***Start Reflecting:***

1. What is not working exactly the way you would want it to be working in work and life?
  - Think about your relationships, the way you spend your time, how you feel each day, the amount of impact you are having, the effectiveness of the team and business you lead, the time you have left for things that really matter (like family hobbies down time fun).

2. Why is this important for you to change?

- Think of how long you have been aware of this. Who has mentioned to you that this is an issue? What makes this the time to make changes?

3. What have you tried to do already to make some progress on these things?

4. How would you like things to be different?

- Take some time to imagine how you want your life to be when this is no longer an issue. Don't get caught up in how you will make the changes, focus on what life will be like when you have made the changes. How will you feel, think and act differently?

5. Ask yourself what makes this outcome important to you at this time in your life?
- Feel into what might happen in the longer term if you continue as you are.

**So What now?**

- Read through your answers and notice what has changed for you by responding to these questions.
- What one thing can you do next to make progress on this issue?
- Whose support will enable the changes to happen faster and better than if you tried to go it alone?

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