



**CONSHY
COACHING**
LIVE A LIFE CREATED FOR YOU. BY YOU.

Visioning Journal



YOUR NEXT CHAPTER STARTS NOW



www.conshycoaching.com



Welcome to Conshy Coaching

Hi, I'm Jenn!

Before we dive into the task list organizer, let me first start by saying **CONGRATULATIONS!** You have taken the first step towards reclaiming your future and pursuing a more fulfilling life or career.

Next, let me briefly introduce myself. My name is Jenn Masse, and I'm an ICF Certified Mindful Leadership Coach who empowers my clients to make the mindset and behavioral shifts necessary to break free from limitations holding them back from unlocking their full potential.

I have been a full-time professional coach and owner of my coaching practice, Conshy Coaching, since 2018. I specialize in helping executives and high-potential employees challenge the "old" way of doing things, embrace the human side of leadership, and empower their teams to deliver high-end results on a more consistent basis.

Prior to becoming a coach, I worked in a corporate environment for over a decade in various roles and departments including public accounting, internal audit, sales strategy, business development, and marketing.

I graduated from Saint Joseph's University with a BS in Accounting and MBA in Marketing and hold six ICF-accredited coaching certifications.

I have two universal truths in my practice:

- My clients have all the answers and know what is best for them.
- My clients can overcome any challenge that they face.

Using my signature success formula, I help my clients redefine success, create and execute strategies and develop the tools necessary to achieve their goals and feel more successful and confident, both in life and at work.



Conshy Coaching Success Formula



AWARENESS

- a. Drainers and drivers
- b. Self exploration
- c. Energy blocks
- d. Barriers to success



STRATEGY

- a. Prioritizing self
- b. Leveraging strengths
- c. Owning your power of choice
- d. Optimizing potential for success



MINDSET

- a. Self command
- b. Self trust
- c. Self confidence
- d. Resilience



SUCCESS

- a. Happiness
- b. Fulfillment
- c. Freedom
- d. Joy



- If someone were to ask me about my life/career today, how would I describe it?
- What is my general energy level?
- What emotions do I feel when I think of the current trajectory of my life/career?
- What aspects of my life/career are going well? What aspects bring me joy?
- What aspects of my life/career do I wish you could change?
- What aspects of my life/career bring me joy? What aspects bring me angst?
- If there was one thing I could do more of, what would it be?

Use this space freely to journal and reflect on these questions.

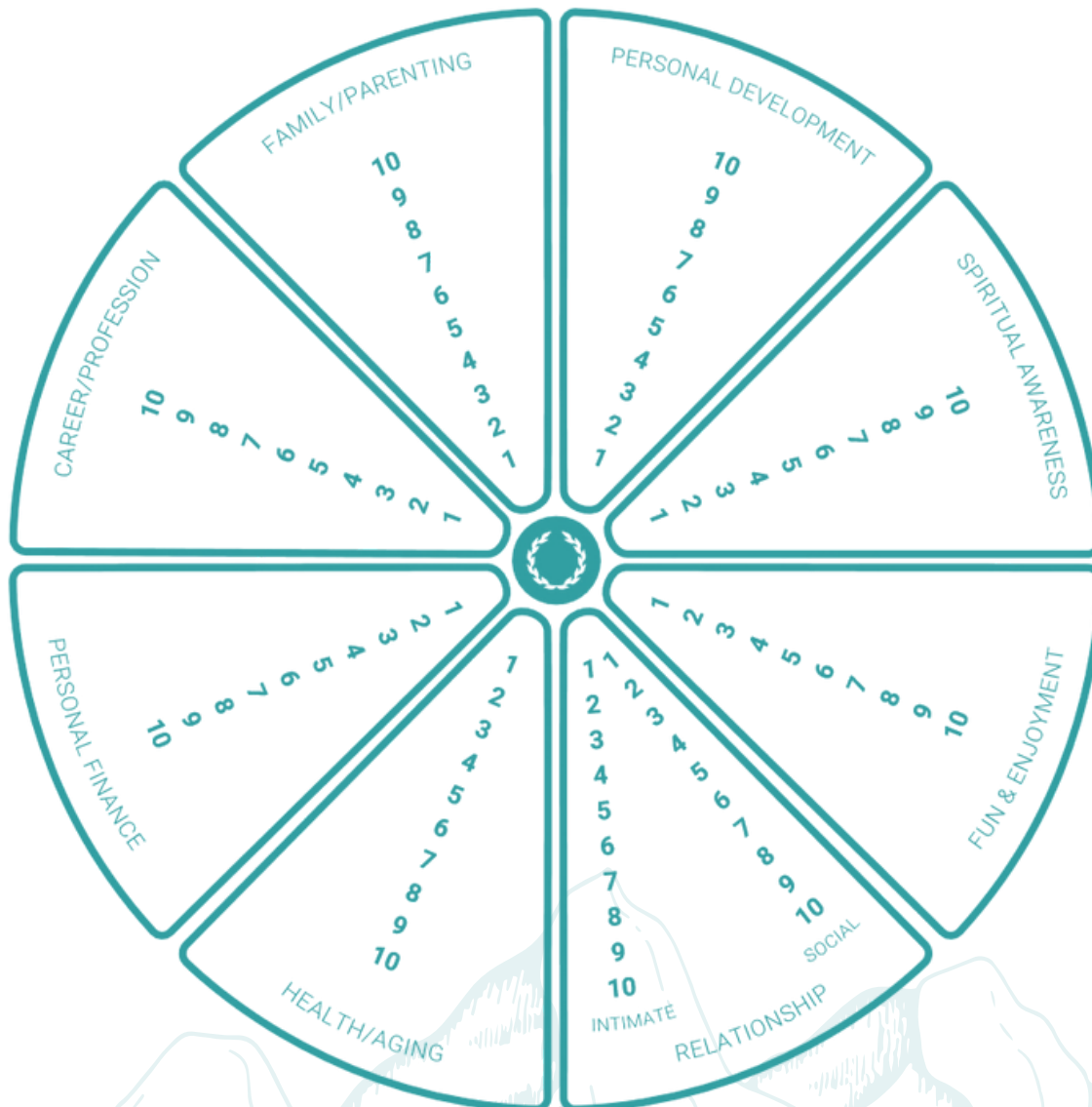
A faint, stylized illustration of a mountain range with three peaks, rendered in a light blue/teal color, positioned at the bottom of the page. The mountains are depicted with simple outlines and some internal shading to suggest texture. The background of the entire page is white with horizontal blue lines.



Initial Check In: The Wheel

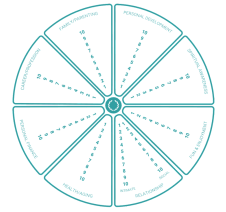
The following wheel will help you further assess how you are feeling about various areas of your life. Using a scale of 1-10, with 1 being "not at all" and 10 being "very", rate "how satisfied you are" in each area listed below.

Please note: This is your personal perspective of satisfaction. For example, if you do not have a career/profession and you're completely satisfied without having one, you would rate yourself a 10.





Initial Check In: The Wheel



Use this page to explain your ratings from the previous page.

Personal Development: _____

Spiritual Awareness: _____

Fun & Enjoyment: _____

Relationships - Intimate: _____

Relationships - Social: _____

Health / Aging: _____

Personal Finance: _____

Career/Profession: _____

Family/Parenting: _____



First Area of Focus

It's easy to want to fix everything at once, but prioritizing and addressing one area at a time leads to long-lasting, sustainable results. Looking at your above responses, which area would you like to focus on improving first? Consider which area(s) you have the greatest influence over changing or area(s) that would have the greatest impact on your happiness.

Which area will I focus on improving first?

Why did I choose this area?

Why is improving this area important to me?

If I were to raise my current rating by 2 points, what would be different?

What are some small actions that I could start taking that would help me improve this area?

When do I commit to start putting these actions into play?

How do I plan on holding myself accountable to taking these actions?



Elements of My Ideal Life

Take a moment to reflect on the last few pages. Your responses on the previous pages reflect your current life but do not reflect your future. You have the power to write your own story, to create a life that you love, a life that brings you happiness and fulfillment.

To help you build your vision for your ideal life, consider the following prompts:

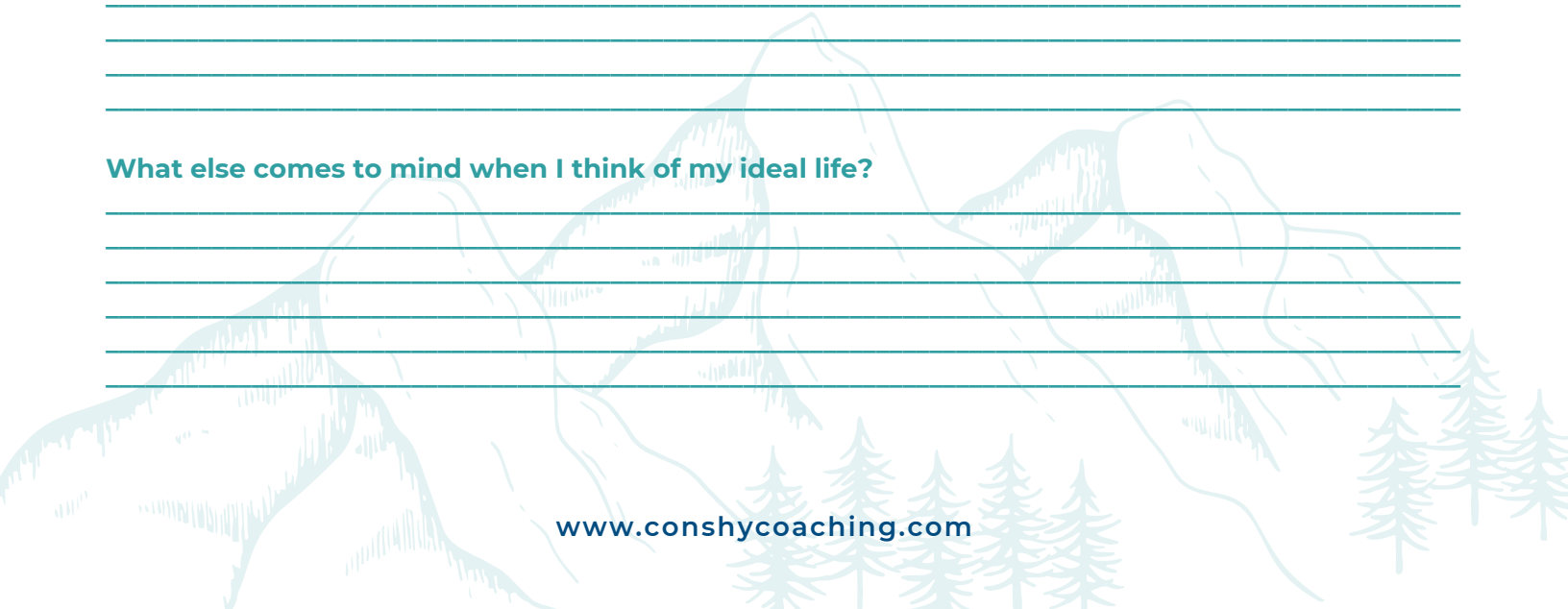
What are activities that I'd like to do more often?

Who would I be doing these activities with?

Where would I love to live, and why?

How will I financially support the lifestyle I wish to create?

What else comes to mind when I think of my ideal life?





Shedding Layers

Creating a new life can be exciting, but it can also be scary. It means making difficult decisions to walk away from areas of our current life that are no longer serving us. When you think about the life you want to create for yourself, what aspects of your current life do you want to leave behind?

How are they holding you back from living the life you choose? How will walking away from these things help you create your new life?

What aspects of my current life are no longer serving me?

Which of these aspects do I want (or need) to leave behind?

How are these things holding me back from living a life full of joy and fulfillment?

Why would walking away from these things help me unlock my potential?

What support will I need as I begin to shed these layers that are no longer serving me?



Using extreme detail, and the present tense ("I am"), write about your new life. Consider responses from your previous pages to reflect on what you're doing (or not doing), and the emotions that you feel on a regular basis. Tap into all five senses.

A light blue, stylized illustration of a mountain range with several peaks and valleys, spanning the width of the page at the bottom. The mountains are drawn with simple lines and some light shading to indicate depth.



Creating the Action Plan

While it's easy to think that vision you created is out of reach, it's not. The secret to achieving your goals is having a clear vision (check!), and a manageable plan of attack that involves small steps you can take every day/week/month to get you closer to your goal. With a little bit of initiative, the willingness to seize opportunities as they are presented to you, and extreme trust in the process, you have the power to make your vision come true.

Action #1

What is one small thing that I could do that would help me get closer to my ideal life?

When do I commit to taking this action?

How do I plan on holding myself accountable to taking this action?

Action #2

What is one small thing that I could do that would help me get closer to my ideal life?

When do I commit to taking this action?

How do I plan on holding myself accountable to taking this action?

Action #3

What is one small thing that I could do that would help me get closer to my ideal life?

When do I commit to taking this action?

How do I plan on holding myself accountable to taking this action?



Next Steps

IS COACHING RIGHT FOR YOU?

Congratulations! You have taken the first steps to create a new life for yourself. You have taken the time to reflect on what you'd like to change, add, and let go of in order to live the life of your dreams. You've also started to realize the importance of breaking down big goals into small, manageable steps, and the importance of holding yourself accountable.

Here's the thing: as much as we want to believe that we can hold ourselves accountable, it's quite easy to fall into our old habits without someone in the arena with you holding your hand, challenging you, and reminding you of your why. That's what a coach does.

Here are a few questions you can ask yourself to determine if coaching is right for you.

On a scale of 1 to 10, rate each of the following statements with 1 being not at all agree, and 10 being totally agree. If a statement is not applicable, score it as a 5.

1	2	3	4	5	6	7	8	9	10
Not at all agree			Somewhat agree				Totally agree		

I am ready to create more balance in my life	_____
I am ready to improve my personal or business relationships	_____
I am ready to make real and positive changes in my life	_____
I am ready and willing to overcome self-limiting behavior	_____
I am ready to create and take action to achieve my goals	_____
I am ready to achieve a sense of fulfillment at work and in life	_____
I am ready for more fun and enjoyment in my life	_____
I'd like to work less and make more	_____
I believe that I have the power to create the life of my choosing	_____
I can benefit from someone who will help me stay on track	_____

Total Score _____

If you scored greater than 60 and you're committed to taking action, I invite you to schedule a complimentary exploration call. Using your responses in this journal, we will discuss your goals and how partnering together can help you unleash your potential.

Visit www.conshycoaching.com/imready to get started.