
Name

Score

Week

Date

How Life Coaching Changes Lives Pgs. 13-17

I would like to take you on a little journey. Imagine your life in a year or a few years. I would like you to imagine a life that allows you to be safe and happy.

1. What are you doing?

2. Are you working?

3. Are you on vacation?

6. Are you happy?

7. Are you with someone?

8. Are you alone?

4. Think about your surroundings. Where are you?

5. Do you live there?

9. Are you ok with being with that someone or being alone?

10. Would you like this life?

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11. What are the steps you can take to steer you towards this life?

12. What are the things in your life now that are just not working?

13. Are you blaming others for all your difficulties?

14. What should you not say & why?

15. Review your life & write down what truly makes you happy?

16. What has truly brought you joy in the past?

17. Are you ready & willing to change?

18. How do you let go of old ways?

19. Why is it important to have a practice of gratitude in your life?

20. What are some tips you can use to keep moving forward?
