



# WHOLENESS WORKSHEET

Strengths + Self + Awareness  
MASTER COACHING PROCESS

InnerLifeSkills



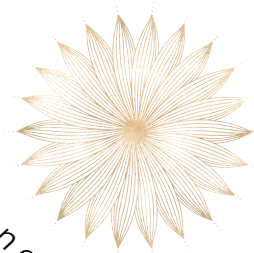
# WHOLENESS

COACHEE

COACH

DATE

Wholeness



My MINUS Qualities  
**REJECTED:**



My PLUS Qualities (Opposite words)  
**PROJECTED:**



My MINUS Qualities  
**MISSING:**



My PLUS Qualities  
**MUCH:**



A constructive, helpful  
version of these could be?



What I could do to invite more of  
this into how **I BE**



The limiting belief keeping  
this in MINUS.



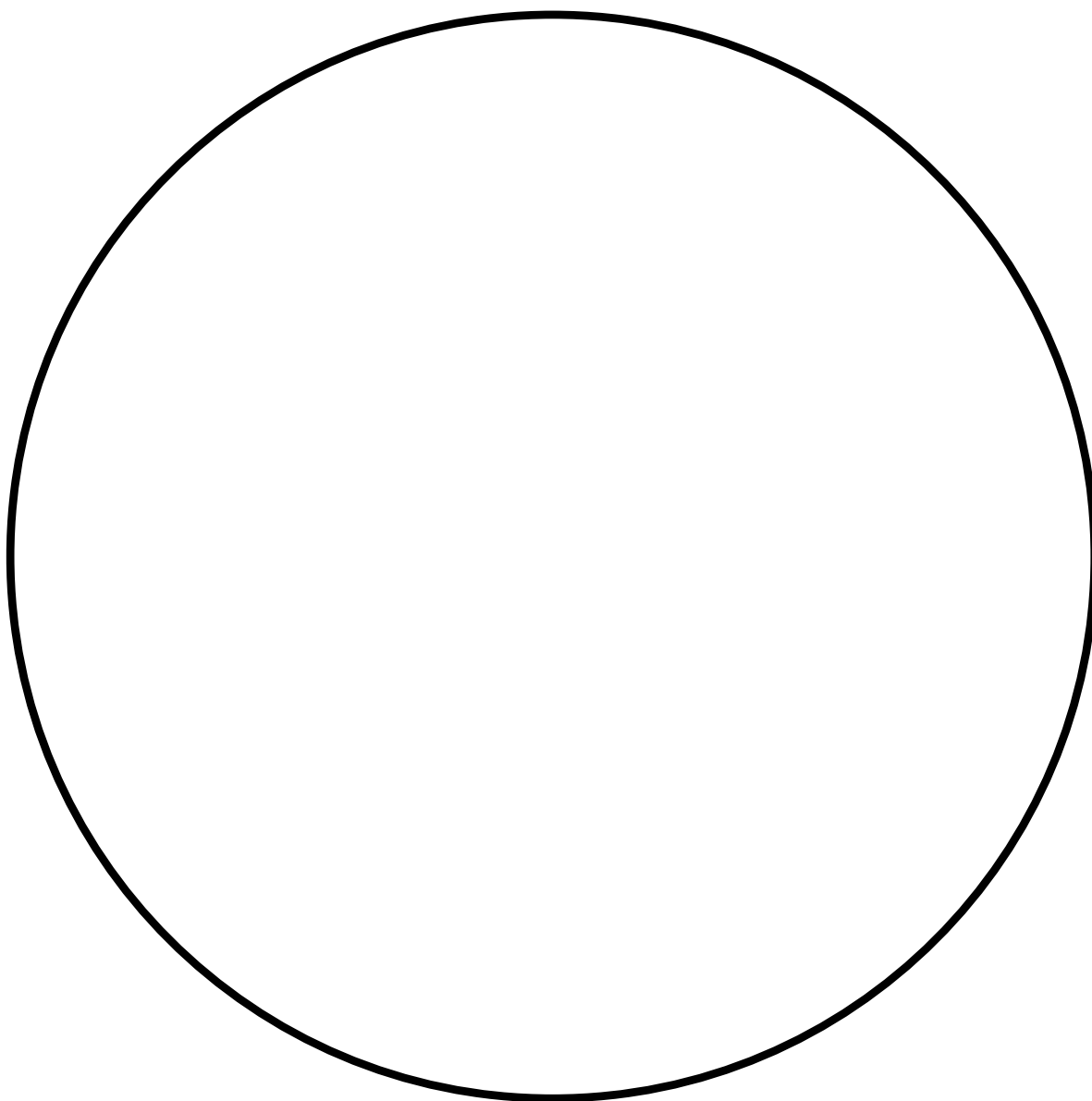
How could I possibly **change** or  
**challenge** this **belief**?

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