

# APPROACHING THE REAL SELF TO THE IDEAL SELF



THE COACHING MASTERS

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**PURPOSE OF THE TOOL:** Assess the current situation and detail the desired situation in a positive approach model.

## 1. DRAW YOUR IDEAL SELF

- a. What would you like to achieve?
- b. What would you like to be good at?
- c. What qualities, skills or talents would you like to have?
- d. What would you like to believe about yourself?
- e. Who do you want to be?

## 2. EVALUATE YOUR REAL SELF

- a. What do you currently do?
- b. What are you good at?
- c. What are your qualities, skills or talents?
- d. What do you believe about yourself?
- e. Who are you?

## 3. PLAN YOUR MOVEMENT

- a. What do you need to develop to achieve your ideal self?
- b. What do you need to change, acquire or learn to achieve your ideal self?

## 4. PRACTICE THE NEW BEHAVIORS

- a. What opportunities do you have to test and practice new knowledge?
- b. What experiences can help bring about the change and desired results?

## 5. USE A SUPPORTING RELATIONSHIP

- a. Who can help you with this?
- b. What kind of support resource can you use?