

DREAMS AND BELIEFS



THE COACHING MASTERS

DREAMS AND BELIEFS

PURPOSE OF THE TOOL:

Help the coachee identify what their biggest life dreams and beliefs are.

1) Beliefs about life:

What do you believe about life?

2) Beliefs about yourself:

What do you believe about yourself?

3) Values:

What is really important to you in life?

4) Dreams:

What is your biggest dream? What are your biggest life dreams?

5) Limitations:

What's stopping you from doing them? Where are your limitations?

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6) Responsibility:
This depends on who?

7) Pain motivation:
What is it costing you not to have this today?

8) Motivation by pain in the future:
What will it cost you in the future if you don't have it?

9) Decision and action:
What could you do now to move towards your dream?

10) Commitment:
What is your level of commitment?