

# REMEMBERING SUCCESSSES



THE COACHING MASTERS

# REMEMBERING SUCCESSES

**PURPOSE OF THE TOOL:** Create a state of mind to empower the coachee and enable them to access all their internal resources.

1. What major changes have you already made in your life?
2. Which one was your biggest challenge?
3. When and what determined you to start thinking about this change?
4. What steps did you take to make this change?
5. What values, beliefs, attitudes and behaviors helped you to succeed in this change?
6. How do you feel when you think about this change?
7. What is this force within you that has allowed you to make this change and be successful?
8. How can you use it now for your new purpose?