

BUILDING DREAMS WITH ACTION



THE COACHING MASTERS

BUILDING DREAMS WITH ACTION

What were your biggest achievements in the last 5 years?

What did you do to get these results you have in your life?

In relation to your dreams, how would you tell me what your life is like today?

How do you want your life to be 10 years from now?

How do you want your life to be 5 years from now?

How do you want your life to be 2 years from now?

BUILDING DREAMS WITH ACTION

How do you want your life to be in 6 months?

What internal forces exist within you that you recognize here and now as a major impediment/limitation to achieving these dreams of yours?

If you could name your biggest limitation, what would that name be?

If you could come up with an excuse, why do you believe you limit and paralyze yourself so much?

The result you have in life today is a consequence of which person?

BUILDING DREAMS WITH ACTION

The reach of your dreams depends on which people?

How much does it cost you today not to have fulfilled your dreams?

Effectively and practically, what can/will you do now to move towards your dreams?

BUILDING DREAMS WITH ACTION

TASKS

What?

What else do you think you need to do between now and next week that can get you closer to your goal?

When?

Set a deadline for each established action

Commitment

what is your degree of commitment from 0 to 10 to accomplish what you proposed?

Very important

Suggest to your client or team member that they give you feedback as tasks are performed.

It can be via zap, email or otherwise agreed. In other words, say, "**What can you do to keep me informed of your task accomplishments during the week?**" Also take the opportunity to congratulate him and send messages of motivation.

Disconnection

1. Why was this coaching session important to you?
2. What big challenge do you come out of this coaching session with?