

PURPOSE AND JOY



THE COACHING MASTERS

PURPOSE AND JOY

What do you believe is your life purpose? (Because you exist?)

What is your idea of perfect happiness?

When and where were you happiest?

What did you love to do as a child?

What extraordinary thing did you experience in your youth?

Do you feel ready to try new things in your life?

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What would you be like living life so fully?

Who would be by your side living all this?

Who makes you feel happiest? What feelings does it give you?

Who makes you feel most excited?

Who makes you feel powerful?

Who do you love very much? What feelings does it give you?

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Which people love you very much? What feelings does it give you?

What events in your life are you grateful for?

What is your most outstanding feature?

What holds you back and keeps you from moving forward with your wildest dreams?

What trait or fear would you like to eradicate from your life for good?

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If an artist were to interpret you on a stage, how would he interpret you today?

In your wildest dreams, how would you like to be interpreted?

How open are you to allowing yourself so that you are free to run, to discover a world of great possibilities?

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TASKS

What?

What do you think you need to do to live a happier, more purposeful life? (How will you do it this week?)

When?

Set a deadline for each established action

Commitment

From 0 to 10, do you commit to carrying out 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 another agreed way. 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?