

CREATING A POWERFUL MENTAL STATE



THE COACHING MASTERS

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PURPOSE OF THE TOOL: Lead the coachee to experience a state of mind that provides greater access to personal resources and talents.

1. What are you happy about in your life right now?

- a. What makes you happy?
- b. How does this make you feel?

2. What are you excited about in your life right now?

- a. What makes you excited?
- b. How does this make you feel?

3. What are you proud of in your life right now?

- a. What makes you proud?
- b. How does this make you feel?

4. What are you grateful for in my life right now?

- a. What makes you grateful?
- b. How does this make you feel?

5. What do you enjoy most in your life right now?

- a. What do you currently enjoy?
- b. How does this make you feel?

6. What are you committed to in your life right now?

- a. aWhat makes you have this commitment?
- b. How does this make you feel?

7. Who do you love? Who loves you?

- a. What makes you love these people?
- b. How does this make you feel?