

COACHING ON SELF

Week 1: Start By Thinking Big

Welcome to the year that you are going to claim your power, increase your impact, and expand your influence!

Many of you have picked up this book to get support dealing with a particular issue, concern, opportunity, strategy, initiative... you get the picture, a particular something. And, while we are bringing you this coaching to support you as you address that particular "something," just as importantly we are bringing you this coaching to support your leadership throughout your life. While this may sound like an overwhelming goal, we will support you as you move forward so that you have the energy, resilience, personal and professional nourishment, and resources to claim your power, increase your impact, and expand your influence!

We are going to start by inviting you to think big. To think about what it means for you to live a life that you are proud of and one that fulfills your sense of what is important in your world. This is your opportunity to imagine, without limitations, the future that you plan to create.

Success in this wild and crazy world of ours is about more than making money; it is also about creating a work and personal life that helps you create joyful and meaningful experiences, and that moves you closer to your bold, innovative future.

Spend a few minutes thinking about the following areas of your life, (if there are other areas you want to address be sure to add them at the end). Write some notes about what a 10 (your highest aspiration) looks like, feels like, and lives like for each of the areas central to claiming your power. As you do so, think about what you want your life to become. Come back to this page from time to time throughout the year to add, tweak, and delete your vision as it evolves. The more you circle back on your original vision and modify it as you are expanding your ideas, the more clarity that you will have about the future you want to create.

If my Self (my growth and development) is at a 10, I will look, feel, and live like this:

If my Systems (my internal messages and my behaviors in the world I live in at work, in my community, and in my family) are at a 10, they will look, feel, and live like this:

If my Spirit (my sense of meaning and purpose) is at a 10, it will look, feel, and live like this:

If my Communication (my ability to share what is going on in me and hear what is going on in others) is at a 10, it will look, feel, and live like this:



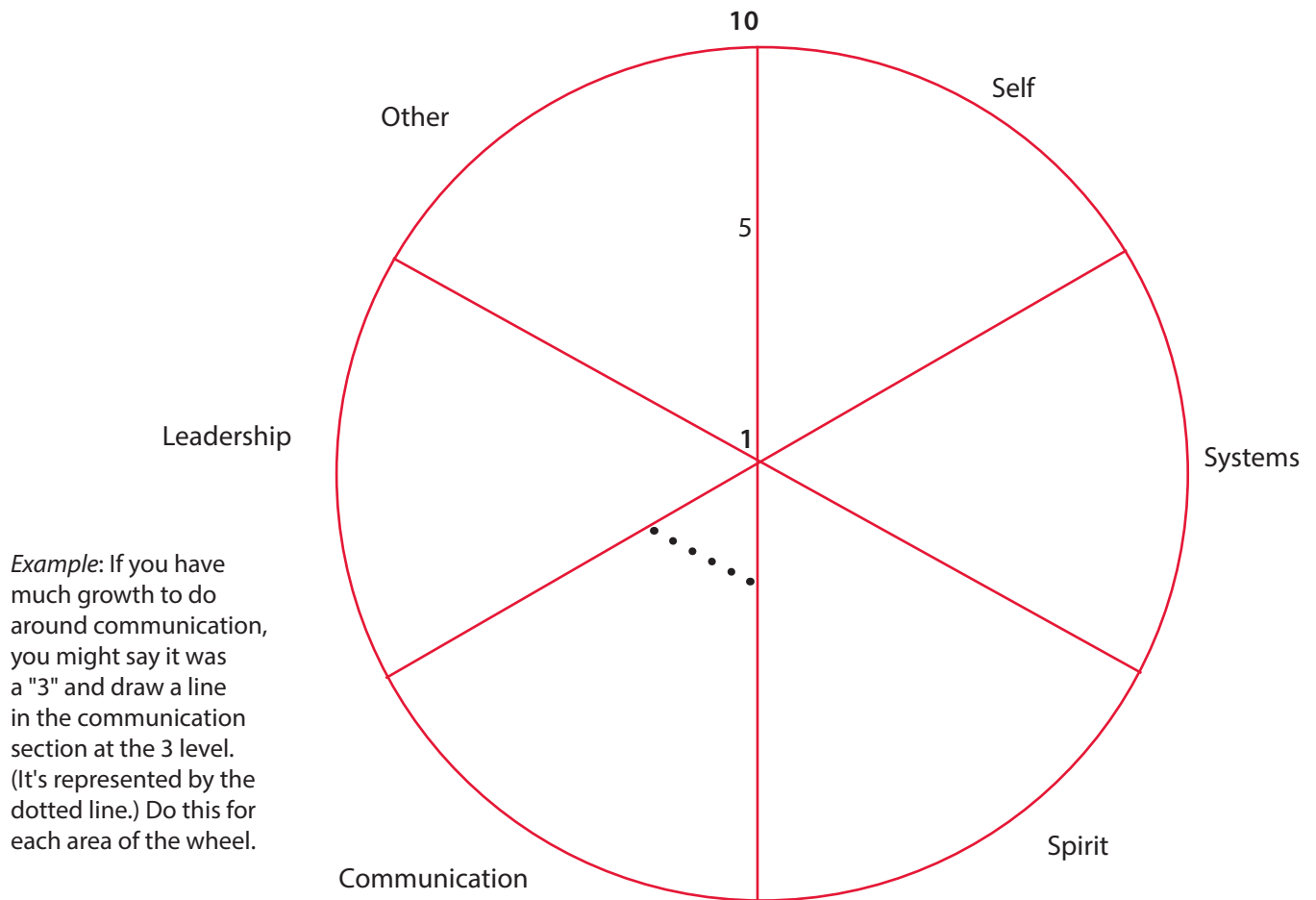
If my Leadership (my willingness to influence my world and my willingness to be influenced by it) is at a 10, it will look, feel, and live like this:

Coaching Exercise: Thinking Big

Other:

If my _____ is at a 10, it will look, feel and live like this:

Now that you have described your life at a 10 in these areas, on the wheel below, draw a line indicating where you would rate your *current* life in these areas. Use a scale of 1-10, with 1 being totally unsatisfied and 10 being completely satisfied/your highest aspiration (as you just described):



Example: If you have much growth to do around communication, you might say it was a "3" and draw a line in the communication section at the 3 level. (It's represented by the dotted line.) Do this for each area of the wheel.

We would be surprised if you rated all aspects of your life on this wheel at a 10, but if you did... congratulations. Most of us have a number of areas where the gap between what we want our lives to look like and how they actually look is considerable. Look at the areas where you have lower scores and circle the 2-3 areas you most want to focus on this upcoming year.

