

'Touch' of Coaching

Name _____

Date: _____

"What will completing these questions do for me?"

The purpose of using this simple tool, as with the coaching initiative, is to help reveal your inner desires, priorities, struggles and self-imposed obstacles so that you can overcome them.

Note: When you choose to be coached, you will receive much more in-depth analyses, custom assessments and consultation, as well as meaningful live sessions to encourage and equip you on your success journey. Please request a copy of the *Coaching Packages* and schedule your live *Touch of Coaching* session to find out more.

1. Destination - Purpose/ Mission/ Vision- Values

What is the one **purpose** around which you are prepared to center the rest of your life?

What are the core **values** you and those who know you best would say describe you and your response to life?

2. Awareness – Personal Responsibility and Empowerment

List areas of your life where you feel you feel the most discomfort and feel you are now ready to take full responsibility **to make progress or changes**.

-
-
-
-

REALinTouch Coaching can help you take these areas of your life and make them work for you- prioritize, end chaos, find order, enjoy balance, clarify a plan, experience remarkable personal/business growth. View success stories at www.REALinTouch.com .

Next to each, **identify obvious obstacles or areas of concern, or challenging tasks you must take on. Rank** in order of most serious to least important by putting a number **from 1 to 4** to the left; '1' is highest priority.

Name:

Page 2 of 3

3. Process- Principle of Cause and Effect

Consider your answers from Page 1. In light of your values, the 'big picture,' and your purpose/life mission, *list possible **new actions** or approaches that could produce different and better results in **each area**.*

Most serious/Highest Priority Area #1

I am confident of producing different and better results **when I take these additional actions:**

Important/High Priority Area #2

I am confident of producing different and better results for me **when I take these actions:**

Somewhat Important/Priority Area #3

I am confident of producing different and better results **when I take these additional actions:**

Note: If you are struggling to define your purpose/ mission/vision and values, or if you lack motivation and passion for your vision, the initial assessments and analysis consultation package with a REALinTouch coach can give you insight and clarity. Please contact us to find out more.

404-939-1569

4. Wisdom (Applied Knowledge) - Law of Repetition- Healthy Responses

Look at what you've written above. What are **five benefits** you'll receive **when these new actions become habits- new patterns of thought or behavior?**

Benefit #1

Benefit #2

Benefit #3

Benefit #4

Benefit #5

Name:

Page 3 of 3

5. List Comments-Concerns:

Are you feeling overwhelmed by other demands, lacking in confidence, or crunched for time when you consider your ability to create new habits and better outcomes on your own?

Many who have partnered with us have felt just like you, and yet they experienced breakthroughs and are mastering personal growth habits through what they've learned in REALinTouch Coaching.

Which area/issue currently holds the most frustration? Where do you believe that your values are not being met? Or where do you feel the most fear, frustration, lack of confidence, lack of knowledge, confusion, or sense of urgency?

What does your 'gremlin' (the voice in your head) say as you begin to approach this area?
I usually think . . .

What happens in your body or in your 'gut'- what emotional or physical reactions do you feel as you begin to approach this area? What health issues are you burdened with?
I feel . . .

6. Action Choices – small, intentional steps ***I must implement in the coming week:***

***"I will contact REALinTouch by (day/time) _____
regarding my next steps, as am ready to live life 'on purpose.'*** 404-939-1569

Call in the next 48 hours to find out how to take the first step with a professional coach. View testimonials at www.REALinTouch.com.