

DATE WITH MY SELF

Purpose of the process:

A Meeting with yourself.

Before we begin the process, we invite you to

take a moment and breath ...

and if you want to take it a little further, we

invite you to put on some music you like for

5-15 minutes, close your eyes and simply listen to the music.

When was the last time you did that?

Now, after taking a short break, we invite you to an important meeting, a date with yourself.

Randomly or openly select three cards and work according to the following order:

A few tips about this process:

1. This process can be projected onto any topic in life:

Instead of asking yourself what's working in your life right now, you can ask:

What works for me at work? In my personal relationship? in myself? In my parenting? In the way I perceive money? In my relationship with X – my mother/father/spouse ...? At home? Or any other topic you find interesting.

The same applies to what doesn't work and obviously to what you wish for yourself.

2. Allow us to clarify the concept "works" a little better

When we talk about what works in your life, we're actually asking you to take a moment to look only at the half filled glass. Look at the things we usually take for granted and forget, things we no longer notice when we get up each morning (for example: what a beautiful sunrise, my children are gorgeous, I have the best boss...)

3. At the end of the process, work according to the "Points of You" technique

And write down your main insight from the process on the coaching ticket. Then write three actions that will actually express your insight in your own life and help you progress towards what it's time to wish for.

We recommend the following 3 actions:

1. One for next 24 hours

2. The second for the upcoming week

3. The third for the upcoming month

1. What works in my life right now?

2. What isn't working in my life right now?

3. If anything's possible, what should I wish for my life right now?

POINTS OF YOU

The Coaching Game

www.thecoachinggame.com