

## 1. What works in my life right now?

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

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

## A Date with Myself

### **Purpose of the process:**

A meeting with yourself.

Before we begin the process, we invite you to start with a pause. Get comfortable, listen to some music and check in with yourself. How are you? How are you feeling? What kinds of thoughts are coming and going? When was the last time you took the opportunity to pause?

Now, after taking a short break, we invite you to an important meeting, a date with yourself. Select three cards from The Coaching Game, Punctum Weekly Planner or the Inspirational Journals, face up or face down, and work according to the following order on the left. Answer each question through the photo and/or text of the card.

### A few tips about this process:

#### **1. This process can be applied to 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 relationships? With myself? 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 as well as 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" method**

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

**Enjoy!**