

# THE IDEAL AND THE REALITY

## Purpose of the process:

To reduce the gap between my ideal position and my position in reality.

Choose a topic from your life for which you would like to conduct an examination process (problem, choice, stages of the process's development, relationships and more).

Clearly write down the topic you chose on the coaching ticket and place it in the appropriate frame.

Randomly choose 3 cards and work according to the order of questions on the process chart.

We invite you to write your conclusion and what you plan to do as a result thereof on the back of the coaching ticket.

## Coaching Ticket

Ideal and the Reality

### For example:

What do I wish for my new year?

How do I want to express myself at work?

## 1. What is the ideal?

## 2. What is the reality?

## 3. What's missing in order to bridge between the two?

