



CREATIVE SPIRITS UNLEASHED
INSPIRING LEADERS TO SEE THE WORLD WITH NEW EYES

Would a Coach Make Me Better? Clarity Questions

Great outcomes start with clarity and intention. Sometimes we choose comfort over growth simply because it's easier. And sometimes we chose growth over comfort because it's time. It's time to add skills, to become better, to learn and grow. In this exercise, allow yourself to dream big!

The following questions are designed to help you decide: is it time?

Before you answer the questions, I suggest you following these three steps:

1. Set aside time (from 15-30 minutes) and chose a place where you will be able to focus without interruption. It doesn't matter if you do this all at once, or if you prefer, do it in pieces so that you don't feel so much pressure.
2. Sit quietly for about 5 minutes and relax. Set an intention that this be a deep and meaningful exercise for you.
3. Take five deep belly breaths before you begin writing your answers to the questions.

What is happening NOW that makes you start thinking about investing the time, energy and attention in your development?

What have you already done or tried? What has worked? What hasn't?

What challenges are you facing at the moment?

What would be the IDEAL outcome for you if you were to get a coach?

If you achieve that outcome, what difference would it make in your life?