

G U I D E D

Life Coaching

S E S S I O N

1. Where would you rate yourself on a scale from 1-10 in your life right now?

3. What would make it a 10?

2. Why did you rate yourself that way?

4. What's been standing in your way or holding you back from that Level 10?

5. What resources, talents, skills do you have to help you with that? What are you already awesome at?