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**FREE LIFE COACHING KIT**



# What Can Life Coaching Do For Me?

**The International Coach Federation defines coaching as follows:** Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential.

On a personal level, I can see life coaching as a way to support people to reach their GOALS. This includes helping them identify the goals they really want to achieve, their perceived problems in meeting them, and the resources that could help them which they may not have considered. It also includes monitoring the client's progress in reaching their goals and continuously cheering them on until they have achieved the goals they have set for themselves.



# About This Book

- Within this BOOK, I tried to capture some of the things **YOU CAN DO to COACH YOURSELF** *even without my help*. If you are the type who is self-motivated, who likes to read SELF-HELP books, and who has previously succeeded many times in doing things on your own, I believe you will enjoy this brief life coaching kit I've prepared just for you!



# What Can I Do?

*No matter what your goal or your problem is, there is something that YOU CAN DO!*

You may find it hard to see it now, but IT IS THERE.

I will help you find out the answers when you ask:

**WHAT CAN I DO?**

*Before we can answer this however, we first need to ask the right questions...*



## Question 1: Am I Aware Of What's Really Going On?

- There are times when we tend to FOCUS only on a certain problem as though it is an ISOLATED AREA of our life.
- The truth however is that EVERYTHING IS CONNECTED and one problem area in our lives may only signify a more problematic area which we are not aware of.
- How do you know what's really going on?



# Using The 'LIFE WHEEL'

Home & Work Environment

Career

Fun & Play

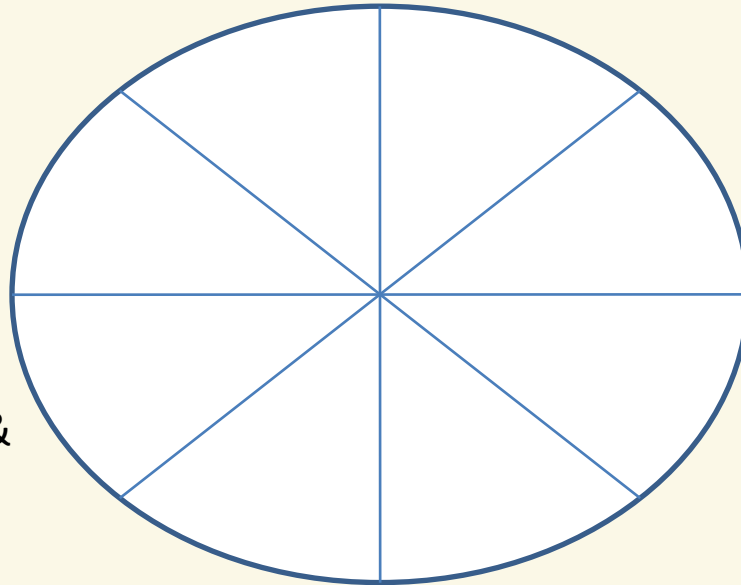
Money

Spirituality &  
Growth

Health

Love

Family & Friends



**Activity: Shade each part in accordance with your present satisfaction.**



# How Did Your Life Wheel Look Like?

- Was it a 'balanced' wheel more or less?
- Where there certain areas that are more problematic than the rest?
- Where there areas that are clearly connected to each other and affecting your level of satisfaction in those areas?

One example of interconnectedness is when a person experiences problems in **HEALTH** due to stress. At the same time, the person may also be dissatisfied with **WORK**, which is causing the stress. Work may be causing stress because it isn't aligned with one's purpose or **SPIRITUALITY** and isn't contributing to one's **GROWTH**. The **FAMILY LIFE** may also get affected because one doesn't have the energy anymore to devote for family time.





- Seeing the connection between all the areas of our life helps us to see the whole picture. If we are going to COACH OURSELVES, we must be able to have an objective assessment of what is causing the imbalance in our lives.
- Many times, we are quick to identify a certain problem only because it is the most OBVIOUS, because it is the one that is bothering us the most at the moment. But when we look at it more carefully, we see how that problem may only be a part of a bigger problem we need to solve.



## Question 2: Do I Know The True Problem?

- In the Life Wheel Activity, we were able to get a good overview of the problematic areas in our lives that are affecting each other. In this part, we get to further IDENTIFY our TRUE PROBLEM instead of focusing on the SYMPTOMS of our problems.



## Example:

- Jenna approaches a life coach because she feels she can't get promoted due to a favoritism on the part of her boss. During the conversation, Jenna finds out that she merely 'assumed' this favoritism and had no concrete basis for it. She also found out that Irene, the one she thought was the favorite of her boss merely had more interactions with the boss because she is able to volunteer for projects which Jenna was afraid to take because she had always been a perfectionist and she couldn't afford to RISK FAILING.
- The true problem therefore is not the favoritism on the part of her boss but on Jenna's perfectionism and fear of failure.



# Symptoms vs. Cause

- Discovering the true CAUSE versus the SYMPTOMS presented may be quick in some cases, yet may take time in other situations especially when we have been so used to seeing those symptoms as the only problems that keep us from achieving our goals. With patience and proper guidance however, we can unmask our problems one by one until we are able to see the root of it all and address it properly.



Question 3: Am I Aware of the Help Available To Me?

Being able to find the true CAUSE of our problem is just the beginning. Our next step should be identifying what HELP and RESOURCES are available to us in order to solve that problem!



Resources available to us may consist of the following:

- Our present skills i.e. computer skills
- Our knowledge and education
- People we know or can get to know
- Virtues like courage and perseverance
- Our spirituality and faith
- Our physical assets and other tools



## Example:

Tony, who went to a life coach to help him reach his desired weight realized he's got the following resources available –

- His virtue of perseverance which has previously helped him overcome his previous problems and which will assist him until he overcomes this present one.
- His friends who reached their desired weight and can serve as his inspiration
- His life coach who will monitor his progress week after week and who will give him a program to keep him focused on his goal.
- His gym instructor who will be more focused on his exercise program.
- A book to use in his diet program
- A nearby market where he can buy the right food for his diet



# Let Us Use The Resources Available To Us

- We need not be alone in our endeavor, and we need not deprive ourselves of the resources that can help us achieve our goal.
- There is a belief in life coaching that says we have access to all the resources we need in order to reach our goal. We just have to look for them and recognize them for all the help they could contribute to our endeavor.



## Question 4: Do I Really Know Myself?

- **SELF-AWARENESS** is very important because one of the most important **RESOURCE** available to us lies within ourselves. How well do we know ourselves?





# The JOHARI Window


## Johari Window

	Known to self	Not known to self
Known to others	Arena	Blind Spot
Not Known to Others	Façade	Unknown


The Johari window displays 4 types of information according to awareness.




1. The first quadrant is called OPEN, which consists of information that we are aware of and that others are also aware of.
2. The second quadrant is called HIDDEN, which consists of information that we are aware of but that others are not aware of.
  - Included here are some of our HIDDEN TALENTS and Skills which we don't always show to the world.

- 
3. The third quadrant is called BLIND SPOT. This consists of information which others are aware of but which we are not aware of.

BLIND SPOTS are important because they can show us things we can still enhance or work on. Remember however that blind spots don't only refer to weaknesses. They can also refer to GIFTS which you don't yet know or acknowledge, but which OTHER PEOPLE can already SEE in YOU!

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4. The fourth quadrant is called the UNKNOWN because this consists of information that is unknown both to others and to yourself.

The UNKNOWN also signifies potential, either a potential strength or weakness that remains to be discovered given a different set of factors like an unexpected crisis which calls a person's hidden reserve of power and faith.



This part of KNOWING ourselves is a bit like TAKING OFF OUR MASKS and facing our own reflection. Oftentimes, we're afraid of what we might see. We're afraid to see GIFTS unused and talents untapped. But we can also be afraid of WOUNDS that are not healed, and of weaknesses that are not acknowledged.

In order to achieve healing and growth, we should have the courage to take off our masks and see who we really are.

## Question 5: What Do I Really Want To Happen?

Have you ever had the experience of reaching a goal and then not feeling as happy as you thought you would?

In such cases, one possible problem is that you were not able to really identify the goal you truly desire.

It may be that you failed to factor in other things that will happen once a goal is reached or that you have reached for the goal of other people, not your own, or that you haven't dreamed enough to really dream your soul dream, one that is truly connected to your JOY.



## Examples:

1. One person may say that his goal is to be promoted but remains unhappy after getting promoted because he received more work that increased his stress level.
2. One person may say that his goal is to be a doctor but remains unhappy after passing his exams because it wasn't his real dream, it was his parents who really wanted him to be a doctor.
3. One person may say that his goal is to be rich but remains unhappy after getting wealthy because what he really wanted was a woman whom he thought would be attracted to his wealth.



What's your REAL GOAL? What can  
make your heart and soul sing?  
What can make you WAKE UP  
EXCITED knowing you will soon be  
living the LIFE YOU REALLY WANT?






## Let's Recall These Questions:

1. Am I aware of what's really going on?
2. Do I know the true problem?
3. Am I aware of the help and resources available to me?
4. Do I really know myself?
5. What do I really want to happen?

Only by starting to answer these questions  
could we ever begin to answer this one:


**WHAT CAN I DO?**





**Feeling stuck or overwhelmed** could actually be coming from not really knowing what's going on, or having no one to inform us of our BLIND SPOTS, or trying to reach for a dream that is not really ours.

It can also come from our failure to avail of the *resources available* to us, including people who could guide us and point us towards the right direction.



I hope you enjoyed this free self-coaching guide I prepared for you! CHANGE is not always easy, and AWARENESS is just the beginning of the long path towards true change.

Do continue your ***self-coaching structure*** by working out a plan to accomplish for the next three months. Remind yourself daily of what you need to do and why you wanted to achieve your goals. If possible, try to make an honest assessment of your progress every week, because that will show your commitment to your goals. Be aware of blind spots and ask the people around you what you may need to know.

In the end, it's discovering what a truly MEANINGFUL life is for you. Based on my own personal experience, I have found it in God – my Maker, Redeemer and Friend. ;)

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**“For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.” – Jeremiah 29**

# Hi, I'm Joyce!



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