

This Coaching Starter Pack consists of a series of **7 questions** to direct, motivate and positively impact your thinking.

How does this pack work?

There are 7 questions divided into three separate sections. I suggest that you work through each of these sections, answering one question per day. That's **just 7 days** to start making **positive changes in your life**.

To get the best from this pack allow yourself time to think through each of the questions.

What will I need?

- 20 minutes each day, by yourself, with no distractions, for 7 days.
- Pen and paper.
- An open mind.
- Desire and commitment to move forward in your life.

Concentrate on each question (just one per day and give it your full attention) to start the process of change. Write down as much as you can. Be honest with yourself in the responses you make. Add new thoughts later, as they occur.

Make a conscious choice - at what level will you engage with this starter kit?

Level 1

I'll give it a quick glance out of curiosity. Who knows? It might help.

Result

Great that you are interested – if it sparks anything off, move to the next level. If not, question whether you really are interested in real, sustainable change at this point in your life.

Are you looking for something more active than sitting down with pen and paper? If so, contact june@junewhittlecoaching.com to arrange a free 30 minute coaching session.

Level 2

I am really keen to do this. It looks interesting. There are some fun questions and one or two challenging ones. I'll have another look tomorrow.

Result

You've taken a big step by visiting the site, downloading the starter kit, reading it and deciding to look at it again. BRILLIANT. Now take action!

Exactly WHEN will you look at it tomorrow? Plan it in – put it in your diary! Otherwise it is likely to get buried amongst all the other things that you want to do tomorrow!

Level 3

I am determined to make positive changes in my life. I am committed to finding 20 minutes a day for the next 7 days and will sit down now and plan the sessions into my diary to make sure it happens.

Result

Notice the change immediately! Your decision, determination and level of commitment will create real momentum and you will very quickly find that this focus takes you forward.

Email june@junewhittlecoaching.com to share your successes!



Direction

Day 1

- What would you choose to work on in a coaching session which would make the biggest difference to your life?

Day 2

- What has lack of confidence or self-belief stopped you achieving?



Motivation

Day 3

- What are you most proud of in your life? Keep adding to this list. What were you most proud of when you were a child? What have been your biggest successes in the last 2 years? Compile a mental list of pictures and sounds that emerge too. How do you feel when you think of these things?

Day 4

- Imagine it is 12 months from now and you have had the most FANTASTIC, AMAZING year. What has happened? What have the highlights been? Let your imagination flow! What journey have you taken? What advice would you give yourself now?

Day 5

- How would you prefer your personal and/or professional life to be?



Positive Changes

Day 6

- What are you putting off doing and what will it cost you if you don't do it? Spend a few minutes imagining that you HAVE done these things! How does it feel? What different things might you see or hear around you and within you?

Day 7

- What would you have to believe about yourself to truly lead the life you want to lead? What are the steps that you need to take NOW to keep moving forward in the direction you choose?

The Next Step

- Whatever it is ... don't put it off!
- Contact june@junewhittlecoaching.com when the time is right. Now?