

1. Belief and Believe

What action will you take to understand the beliefs that make you unique?

What do you **truly** believe about yourself, and how will this help you in achieving your coaching goals?

What are your limiting beliefs?

Are you sure that your beliefs support your future?

Did others form your beliefs for you?

Do you have some beliefs that would be better off in the museum of old beliefs?

2. Your potential

If, for just one day, you had the capability to push your personal envelope to the limits, what could you achieve?

Have you **truly** assessed your strengths, weaknesses, opportunities and limitations?

How much of your potential has been shaped by others' expectations?

Has the time now appeared when you can live the way you want?

3. Results

What actions have you reviewed?

How do you measure your success?

What signs are there telling you whether or not you are still on course?

What are you expecting others to say about your progress? Do you care?

How are you going to remove any obstacles?

What **exactly** are you learning about yourself?

What **exactly** is telling you to confront your limiting beliefs and to get rid of them?

4. Action

Have you been creative with your plan for action? (Nobody likes a boring plan).

Be absolutely clear on what you are aiming to deliver and what you are **NOT** aiming to deliver.

How can you influence others to support you?

How can you increase your confidence in taking calculated risks?

Who else can support you in creating and performing a decisive action plan for change?