

MODULE ONE

DISCOVERING YOUR POSITIVE COACHING BASE!

Your coaching journey begins with discovery--the four basic appreciative inquiries about you!

Let's start with the best of you! This means writing all the good things about you that later will give you a deep well of good things to draw from when you begin to think about specifics (e.g., your niches, your training, your marketing, and so on). You may do this on the computer using the space below or by journaling about each item—whatever gets you most into flow about the miracle you are! Take all the time you need; you may find it helps to journal about this over a week.

I. MY POSITIVE CORE

Start first with being in touch with what is best about you. Describe your positive core by listing all the good things you can in each category about who you are:

My Abilities/Talents/Gifts:

My Important Learnings/Expertise/Education (whether formal or informal):

My Significant Character Strengths & Values:

People who Love Me, Support Me, Respect Me, and/or Admire Me:

II. MY PASSIONS

The things that really make me feel alive, the things that “spark” me:

III. PEAK EXPERIENCES & ME AT MY BEST

Descriptions of three to five episodes of me at my best, of times when I was feeling most authentic, most in flow, most alive.

IV. THINGS I’D LIKE MORE OF IN MY LIFE

As I think of the various dimensions or “pillars” of life, the things I’d like more of include. . .

Now review your responses and ask yourself. . .

What unexpected themes emerged for me to explore more?

What new affirmations did I make that really felt good?

What old affirmations do I want to keep fresh?

What else did you get from this exercise?

For more impact, discuss these themes with your own coach or support group.