

# Self Coaching

## The Rocking Chair Exercise



Ask yourself this question - Who do you need to become to be your happiest person? If there was a fairy God Mother hanging around who was prepared to grant your every wish, what would your life look like?

*Now for your turn to Coach yourself ...*

If your life was providing you with everything you needed to achieve all of your dreams and objectives:

- How would your family life look?
- What would your family/school/work environment look like?
- What would you be doing to ensure your needs were provide for?
- How much time would you spend with your family and friends and what things specifically would you be doing?
- How much time would you spend with your education and what things specifically would you be doing?
- Who would you be working with?
- Who would be assisting you?
- What would people be saying about who you'd become?
- What would you do if you had extra time available?
- How would you feel about yourself?
- What would your friends being saying about your success?
- On a scale of 1-10 how happy would you be?

Use this time to just let your mind wander and think to yourself: if you could have anything, absolutely anything, what would your life look like?

Try not to put blocks in your way, simply feel free to dream. Take some time to give some thought to: Your ultimate long term Goals - What does your goal look like. How does it sound? What does it feel like to achieve your goals? Write your ultimate long term Goal here (remember it needs to be measureable). This could be goals towards your career, relationships, or a brand new future for yourself.

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Now consider, what do you actually mean by the statement above, and what do you really want? If you were outlining this to someone in a conversation, what would you be saying?

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