## 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.



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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Now for the exciting part. Grab yourself your favourite drink and a pen & paper and sit yourself in a cozy space with no interruptions.

#### CONTEMPLATION

Now, I would like you to sit, take some time out, lots of 'me' time, and imagine five years into the future what you have already accomplished en-route to that ultimate goal, and have set out to achieve in your personal and professional life. Imagine yourself sitting in a rocking chair, and you're looking back on your life's achievements over the past few years, who you are now, and how you got to this point?

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### ACTION

Now take your pen and paper and go crazy - the world is your oyster - write a retrospective story of your life, stating what steps you took to accomplish your goals, how you got there, and what your life looks like now you have achieved your objectives, personally and professionally. You'll have to imagine yourself sitting on your rocking chair a few years from now and looking back over the years. Consider what relationships are like now, both with yourself and others, how your energy levels have increased, what others are saying about the new you and how you view and celebrate yourself.

It might help to ask yourself "who would I need to become in order to fulfil these dreams, ambitions and goals".

So who you need to become starts here. Let your mind run wild. You have to imagine you are capable of achieving absolutely anything as you allow your pen to write freely and to imagine with you. Simply dream and let your thoughts loose ... Have fun