

# Starting Fresh Coaching

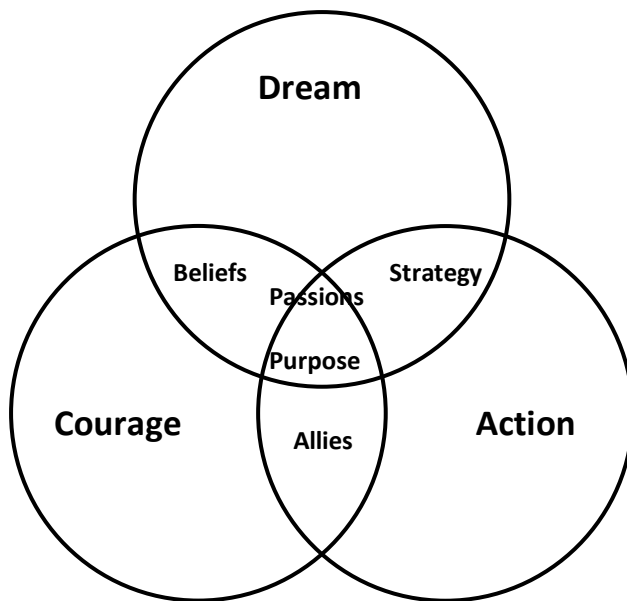


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## The Magic Formula: A Visual Road Map

Love Your Career the Dream, Courage, Action Way



## **Dream: Soul Searching: What are Three Words That Describe You?**

Examples:

Teacher, learner, traveler

Adventurer, naturalist, evangelist

Enlighten, unite, spread joy

- 1.
- 2.
- 3.

## **Who are you jealous of:**

Examples:

Someone running a non-profit?

A social entrepreneur?

An inventor?

Your turn:

## **For What Behavior have you been Razzed?**

Example:

Telling the neighbors too much

Talking too much

Your turn:

## Courage: Researching – Overcoming Internal and External Barriers

Classic disempowering beliefs:

“I’m not good enough.”

“There’s something wrong with me.”

“I don’t matter.”

What’s your disempowering story?

Who are you afraid of reaching out to? Not knowing how to reach out to?

What else gets in your way?

## Action: Networking – Letting the World Know You're Alive!

Be clear about what you're after

Take action every day – make it your “single daily action towards your life goal.”

Play a game with yourself:

Object of the game is to earn 10 points a day.

1 point for emailing or leaving a voice message to someone.

2 points for a live contact.

3 points for making a proposal to someone – either written or in person

4 points for an interview

## Action: Networking – Letting the World Know You're Alive Continued

The four quadrants – a way to stay focused and engaged

