**Coaching Roadmap**

**Life Purpose Statement**:

**I experience fulfillment by daily living in alignment with these core values**:

**These words reflect my deepest, most powerful and positive essence:**

|  |  |
| --- | --- |
| **I am transforming harmful self-messages:** | **Into positive life-affirming statements:** |

**These daily practices are for my mental, physical, emotional and spiritual wellbeing:**

1.
2.
3.
4.
5.

**I ask for guidance regularly and as needed from my main guiding star and my support team:**

|  |  |
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| **Guiding Star** – the one at the center, guiding it all |  |
| **Appreciator** – appreciates everything without judgement |  |
| **Teacher** – shares wisdom and guidance in ways we can take in |  |
| **Intuitive** – accesses and speaks inner knowing, values unseen information, masterful at moving into mystery with boldness and courage |  |
| **Self-Manager** – maintains integrity, balance, attention, focus, timing; knows the healthy NO as well as YES |  |
| **Curious** **One** – powerful, deep curiosity, eager explorer loves experience |  |
| **Listener** – witnesses with great compassion, attention; trusts that with patience, wisdom and forward motion will come  |  |

**I note here habits, routines, choices – big and small – which interfere with the highest vision of my life:**