

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:
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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:

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: