



## Let's Start – with *YOU!*

**That's right – we start with you because you are the most important thing in your life.**

**We start with you – because you are the most important part of your coaching practice.**

**And, we start with you because you are the rocket fuel for your dreams and aspirations!**

So, take a moment to close your eyes and feel into all of the reasons why you want to be a coach. What emotions arise for you? I ask because these reasons and the emotional juice they inspire is what's going to keep you energized around Artist's program and beyond...to starting your own coaching business.

Use these 13 questions to get in touch with the reasons and emotions around why you want to become a coach. Let yourself open, let whatever arises flow out onto paper and then keep this paper to remind you why you are here, right now, today, getting ready for an adventure that will shape and change your life. How exciting is **THAT!?!!**

Here is what Denise realized about being a coach:



**HERE YOU GO!**

**What keeps you up at night, dreaming, scheming and planning?**

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**What is it about coaching that excites you?**

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**What has been your biggest challenge in life that you ‘survived’ and came out the other side of?**

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**What gets you excited to change and support in other’s lives or the world?**

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**What do others come to you for advice on?**

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**What gets you so angry in life that you want to change it?**

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**What are your successes in life? Getting married? Divorced? Kids? Garden? Career?**

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**What will change in your life when you become a coach, being your own boss w/own business?**

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**What is the cost of not making this change? To you, your family, friends, career?**

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**What was the deciding factor or moment that brought you to the path of coaching?**

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**On a scale of 1 – 10 (10 being Absolutely!), how committed are you to succeeding here? \_\_\_\_\_**

**And if your answer is below a 10 – what would it take to make you a 10?**

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**What might get in your way of total success with this course?**

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**What steps or supports can you put in place to make sure you *SUCCEED!*?**

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AWESOME! You now know what gets you moving in life, what juices you up...and also what might be your kryptonite, dragging you down.

Your Mission, should you choose to accept it, is to create the supports for yourself that will ensure you are able to maximize your experience, keep yourself jazzed, doing what you need and taking care of all aspects of yourself in the process.

We mean it.....

**YOU ARE MORE THAN WORTH IT!!**