

A Taste of Coaching with Me

To give you an idea of how my coaching works, here's a fun exercise I like to do with my clients. This exercise is all about "big-picture, blue-sky thinking," diving deeply into your "bucket list" of wishes and developing strategies for accomplishing your wish list as part of your roadmap for the future.

Begin by making a list of all the fun and rewarding things you would like to do, experience, and accomplish in your lifetime. Want to try skydiving? Write it down. Want to volunteer at a wildlife sanctuary in Costa Rica? Capture it here. Go ahead — dream big. *What would make your life extraordinary?* Here's some space where you can brainstorm ideas. The secret to the power of this exercise is to let your imagination run wild.



Now, review your ideas and identify your *top three wishes* in the following space:

#1) _____

#2) _____

#3) _____

Get...ready...for...it.... What specific steps would you need to take to accomplish *each* of your top three wishes? No kidding. We're doing this here and now! Here's an example:

My Wish: Skydive

Step 1: Conduct research about skydiving on Google, Bing, or DuckDuckGo

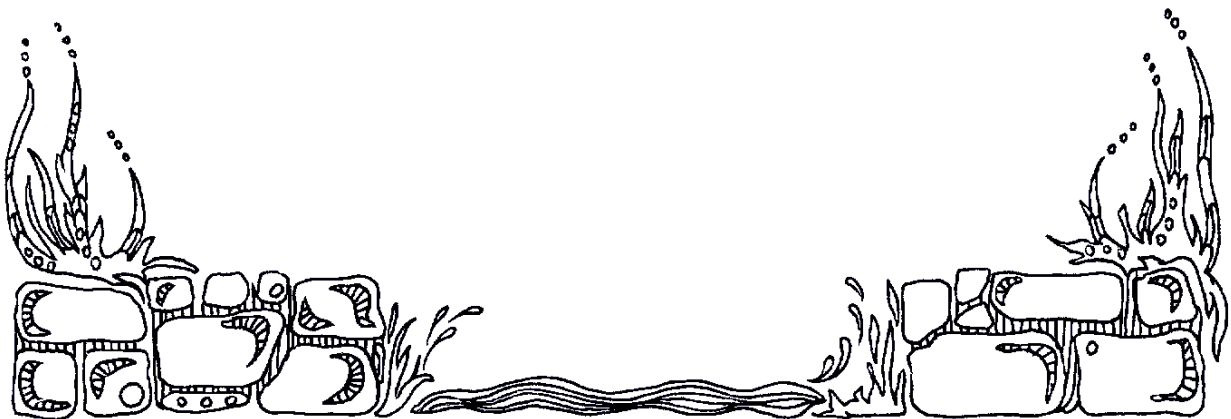
Step 2: Identify at least one reputable skydiving operation near where I live

Step 3: Learn where and when skydiving lessons are offered; drive there and observe

Step 4: Try a tandem dive to see if I enjoy the experience

Step 5: If yes, save up and sign up for skydiving lessons

It's your turn. On the following pages, identify 5–7 steps you would need to take to accomplish your top three wishes. Don't be afraid to thoroughly explore potential answers to this question. If you're feeling anything other than fearless, consider the exercise to be an interesting thought experiment.



Wish #1: _____

Step 1:



Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Step 7:

Wish #2: _____

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Step 7:



Wish #3: _____

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Step 7:



Just out of curiosity, what are the chances you could make of each of your wishes come true in the next 3–5 years if you *committed* yourself to completing each of the steps?

Wish #1	Low	Moderate	High
Wish #2	Low	Moderate	High
Wish #3	Low	Moderate	High

What’s stopping you?

What’s one step you could take this week to start making each of your wishes come true?

Wish #1: I could _____

Wish #2: I could _____

Wish #3: I could _____

OK, let's debrief. Now that you've explored your top three wishes and identified the steps you could take to make each of them come true, what are you thinking? How are you feeling about the experience?

On a scale of 1-10 (1=No way; 10= I'm all in!), how *committed* are you to taking the steps to make your three wishes a reality?

1 2 3 4 5 6 7 8 9 10

If your rating is less than a 9 or 10, what would it take to increase that number by at least one or two steps?

Who is someone you know and trust enough to share your three wishes with – who would be delighted to help you follow through on your commitments?

His or her name: _____

On a scale of 1-10, how willing are you to go BIG, BOLD, and AUDACIOUS and move forward with the support of this trusted friend, colleague, or family member? (1=Mmmm, Nope; 10=Let's Do This!)

1 2 3 4 5 6 7 8 9 10

Last question: What did you learn about yourself or your situation having completed this exercise?

How We Would Couple This Exercise with 1-2-1 Coaching

If we were using this exercise as pre-work for a coaching session together, we would take a splashy deep dive into your answers and talk about whatever YOU wish, including:

- the role that your top three wishes currently play in your vision for the future.
- what it would be like to put in motion a no-kidding game plan to make your wishes come true as part of your roadmap for life and business.
- obstacles that could stand in your way and ways you could overcome each challenge.
- steps you could take to sustain your energy, engagement, and actions while you are working toward accomplishing your wishes, hopes, and dreams.
- the mindset that is needed to live a life that's more brave, bold, fearless, and rewarding.

If you would like to learn more, let's schedule a 15-20 chat.

Simply email me at deb@boomalally.com, and we'll put our calendars together for a phone or Zoom call.



Adapted from *Morph, Pivot, Launch* with illustrations by Bonnie Sales