



# Time For Change

Self Coaching Questions



The UK College of Personal Development

**mbs** coaching

## Introduction:

The future, it's an interesting topic. It's as interesting and or challenging as we wish it to be. It's an ever present reality that we live with, **the future is mere moments away** and how we view this fact influences the very experience we have with each passing day. The future brings with it **possibilities**, because we have the power to shape it in a very real way, unfortunately we often forget this and allow the flow of circumstances to carry us along and never take control and set our personal stake in time.

It's been said the two things that we can guarantee are death and taxes; well I would like to add change to this list. The future and change are bound together. **The one thing I can absolutely guarantee is that there will be change in your life**, there definitely will. It may be so subtle at first you may not even notice it, however just like the ticking of the clock measuring out time and change is ever present.

So, I can absolutely guarantee is that there will be change in your life, what I can not at this moment in time say weather this change will be **positive for you**, what we often call "personal progress". As humans we so often get caught up in the minutia of everyday living we forget to look up and into our futures and set personal outcomes.

Research shows that the mere activity of taking time to look to the future and to say "that's what I want" creates momentum and unlocks our **energy to achieve results**. Often of course, we do not ask ourselves questions like;

- What do I want in my life that's different to what I have now?
- What real value or difference am I REALLY adding at this moment in my life?
- What could I do better?
- When was the last time I did something new for the first time?
- What plans am I working on that impact on my future?

The ironic part of this is that we spend a great amount of energy and set great plans in motion for our **two weeks holiday each year**. Most people spend little or no time or energy planning their entire life and wonder why they find themselves living a mediocre existence.

Take this opportunity to change your current direction, make some plans, and set personal outcomes. The following pages contain powerful coaching questions that will help you unlock your imagination and unleash your personal power. There is also the classic coaching tool, "The Wheel of Life"; this will help you to focus your attention on a specific area that it may be the best place to start.

I wish you every success and personal happiness

Tony Nutley  
**UKCPD**

## Time For Change Power Questions

If you were to FULLY live your life, what is **the first change** you would start to make?

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What areas of your life could be upgraded/ tweaked right now?

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How would you feel about doubling that goal?

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What are you tolerating or putting up with in your life?

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What do you want MORE of in your life? (Make a list)

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What do you want LESS of in your life? (Make a list)

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What are two things you are doing regularly that don't serve or support you?

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What would be the biggest impact from achieving your goal(s)?

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What would you try right now if you knew you could not fail?

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What in your life do you love?

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What in your life do you hate?

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What's one thing you would love to do before you die?

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Is now the right time for you to make a commitment to achieving these goals?

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What has to happen first?

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For your life to be perfect, what would have to change?

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What's one change you could make to your lifestyle that would give you more peace?

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When was the last time you did something new for the first time?

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What are three actions you could take that would make sense of your life?

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On a scale of 1 to 10, how excited do you feel about taking these actions?

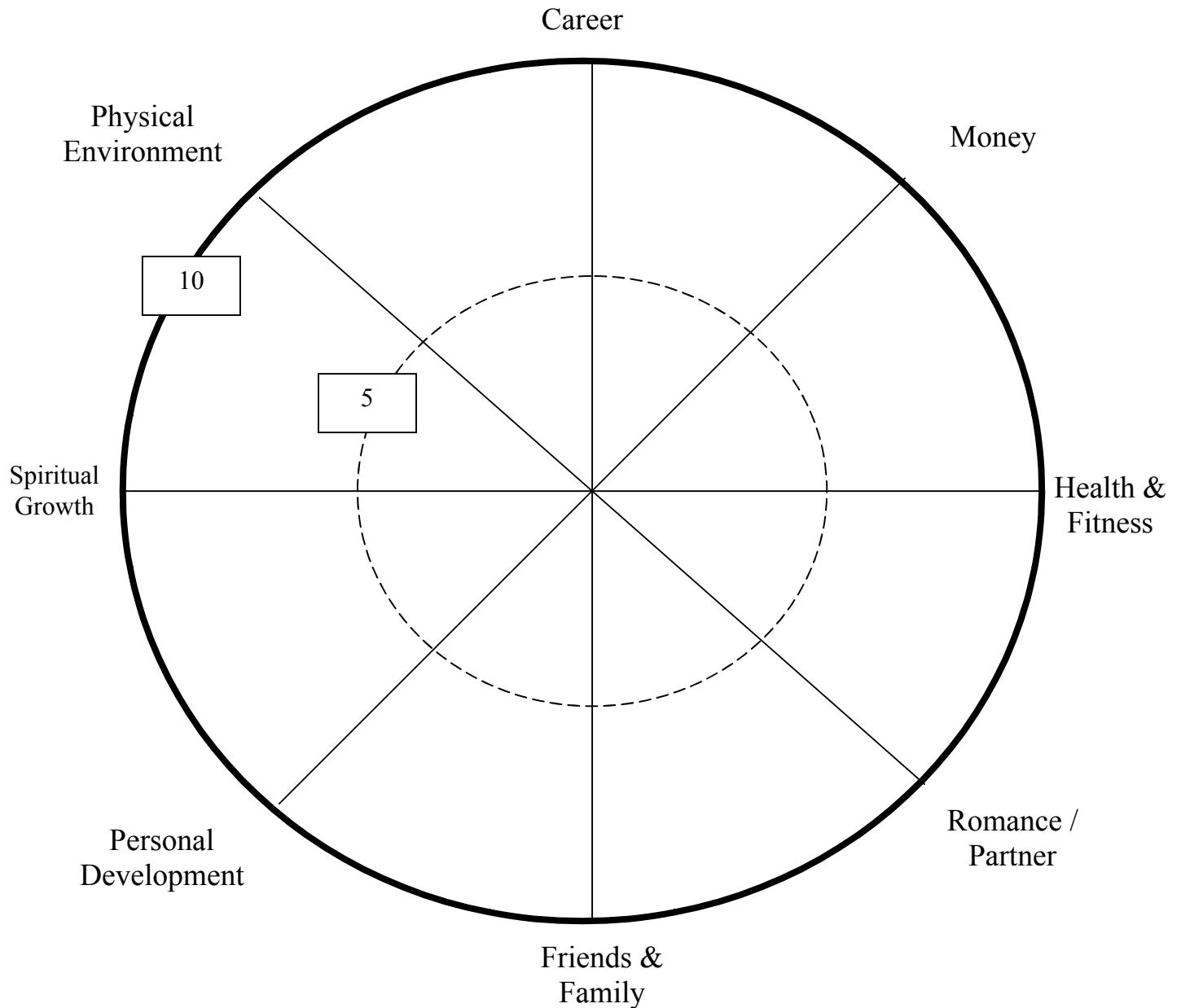
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What would increase that score? (e.g. handle fear, clearer steps, more support, more fun)

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What will happen (what is the cost) of you NOT doing anything about this?

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**Directions:**

The eight sections in the Wheel of Life represent balance. *If you* Regard the centre of the wheel as 0 and the out edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example).

The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be?

