



SAGE + FORM

3 SIMPLE STEPS TO GREATER CLARITY AND WELLBEING

Self-reflection can help you achieve a greater level of clarity and awareness. Use this self-reflection exercise to gain personal insight into your dreams and goals, and create action steps to make them a reality.

STEP 1: DEPICT YOUR FUTURE

We can form new beliefs and conclusions about ourselves by engaging in personal observation and visualization. When you imagine your ideal future self and begin acting like that version of yourself, you'll begin to believe that's who you are. This new belief will powerfully direct and motivate you to work toward that version of who you want to become.

» Visualize

Imagine it's six months from today and things are dramatically different in ways you're pleased about. What would be different?

» Set Three Goals

Name three specific goals you'd like to achieve in the next six months. What would be the impact on your life when you've achieved each of them?

Which one of these three goals is realistic, achievable and most meaningful to you?

STEP 2: INCREASE YOUR AWARENESS

Awareness is the first step to changing for the better. Understanding your own strengths is a great way to begin building your self-awareness.

» Name Your Strengths

Think about the last time you successfully changed an aspect of your life. How did you do it? What personal quality enabled you to create that change?

Using this strength, how can you successfully make the changes you desire today?

Understanding your environment completes the picture of awareness.

» Consider Your Challenges

What factors could keep you from reaching your goals?

» Assess Your Resources

What resources and support systems do you have in place to help you achieve your goals?

STEP 3: COMMIT TO ACTION

As you embody your future self and understand your current environment, you can move toward change.

» Reflect on Your Goals

Review your response to the first question. If you could do anything to create the change you imagined in your life, what would you do?

» Take the First Step

What realistically is the first step you can take toward reaching your goals? How ready do you feel to get started?

Through coaching, I can help you expand your clarity and awareness to realize greater fulfillment and success, while you develop new tools for personal growth, positive health, and overall wellbeing.

DYNAMIC COACHING

SAGE + FORM

FOR WELLBEING



**FIND OUT HOW MY DYNAMIC APPROACH TO COACHING
CAN SUPPORT YOU IN REACHING YOUR GOALS.**

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Get in touch to schedule your complimentary  
coaching call.

*Allison Li*

Professional Certified Coach | Project  
Management Professional | Myers-Briggs Type  
Indicator Practitioner | Energy Leadership |  
Index Master Practitioner

**CONTACT ME**