

Launch Exercises   
–

2022



Dear client,

To effectively launch your coaching, please complete the exercises below which support you to identify what you want to accomplish through your coaching.

We encourage you to set aside a minimum of two hours for these exercises as an investment in our coaching and yourself.

Please email this completed document to your coach 24 hours before your coaching launch.

With excitement for your future,

Max

Coaching Concierge

## Key Stats About You:

• Name:

• Gender Pronouns (e.g. she, he, they):

• Preferred Phone Number:

• Mailing Address:

• E-mail Address:

• Employment Status:

• Company:

• Job Title:

• Job Description or Key Responsibilities:

• Length of Employment:

• Names of Key Relationships (*family, friends, or colleagues that you may discuss in our coaching*):

• Anything Else?

## Your Past:

On a separate piece of paper, write a timeline of your life in five-year increments (*ages 0-5, 6-10, etc.*) and the major milestones (*any notable highs and lows*) from each five-year period.

You may or may not choose to share this document with me. However, we will review it verbally in order for you to share as much as you would like to bring me up-to-date and for you to capture any insights from the exercise. This process allows us to move into the future with a shared understanding of your past and how it has shaped who you are today.

## Your Present:

The answers to the following questions will give me a sense of how you currently hold your work and life and will be used to guide the direction of your coaching over the next several months.  Please answer thoughtfully.

* What do you absolutely love about your work and life that makes you feel   
  excited to be alive?
* What do you long to bring more of into your work and life?  What would   
  make you feel more fulfilled?
* What is the gift that you ultimately want to share with the world? What impact   
  do you want to have in the world?

## Your Future:

Make an extensive list of your desires and goals in each of the categories/areas of   
life listed below.

* Imagine what would be present in each category if you had the life of your dreams!  **Spend 5-10 minutes minimum on each category**, then go back to each category and circle or highlight the three most important desires and goals.
* Indicate a desired timeline for accomplishing those top three goals in each category (*e.g. 3 months, 6 months, 1 year, 3 years, 20 years*).  Add categories as necessary.

|  |  |  |
| --- | --- | --- |
| CATEGORY | IDEAL STATE – LOOKS LIKE/FEELS LIKE | TIMELINE |
| Career |  |  |
| Family |  |  |
| Romance or Marriage |  |  |
| Friends |  |  |
| Health |  |  |
| Finances |  |  |
| Fun |  |  |
| Spirituality/ Personal Growth |  |  |
| Contribution |  |  |

## Our Coaching:

Please answer the following questions designed to help me know how best to serve   
you as your coach.

* Why do you want coaching at this time in your life?
* As your coach, what tips can you give me about how to work with you most effectively?
* What has stopped you from getting what you want in your life? Make a list of all the barriers, real or imagined. This is a dynamic list and you may add to it throughout the coaching relationship.

## Coaching Results

What results would you like to create through our work together?

By when would you like to attain them?

What is the current situation in each of these areas?

What are your first action steps toward your desired result?

What inner shift do you sense is being asked of you?

|  |  |
| --- | --- |
| Result 1 |  |
| By When |  |
| Current Situation |  |
| First Action Steps |  |
| Inner Shift Required |  |

|  |  |
| --- | --- |
| Result 2 |  |
| By When |  |
| Current Situation |  |
| First Action Steps |  |
| Inner Shift Required |  |

|  |  |
| --- | --- |
| Result 3 |  |
| By When |  |
| Current Situation |  |
| First Action Steps |  |
| Inner Shift Required |  |

## Describe Your Best Life Future

Imagine that our coaching has been successful beyond anything you imagined possible.

*What does life look like for you in that scenario?*

*What would you have in your life that you don’t now?*

*How would your day-to-day look different?*

Try to touch all of the desire and goal categories above – all aspects of your life.

Congratulations on all of the time, energy, and thought that you have just invested toward your future success and fulfillment.

## This is the beginning of your a)plan!

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