

# hopscotch coaching

## Is coaching right for me?

Coaching can help you look at your life from a new perspective and start to think differently about your future, so that you can feel more in control of your life. Through coaching, you will learn more about your personal values and motivations and start to make changes in your life to make it the life you've always dreamed of. Coaching is all about looking forward and making positive changes.



When did you last take the time to really reflect on your life, to celebrate the good things, and to consider how you might face the difficult things in new ways to make them more manageable? When did you last set yourself holistic goals that take your whole life into account and then take the steps needed to achieve them?

Inside are some questions to get you to start thinking in this way, and to help you decide if coaching is right for you.

Find an hour where you know you won't be interrupted. Curl up in a nice comfy warm spot, get yourself a hot drink and a pen, and take some time to reflect on some of the questions.

All of the questions are optional and you don't need to share your answers with anyone else if you don't want to, they're just to get you thinking.

Good Luck!

Chloe

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How would you describe yourself?

How would other people describe you?

What are you really proud of, personally and/or professionally?

What do you do when life is challenging and you feel out of control?

What do you do just for the fun and joy of it?

What would your younger self think of your life today?

What are you grateful for?

How would you like to be remembered?

What fears or beliefs are holding you back?

What does your life look like now?

What would you like your life to look like in six months time,

two years time,

and ten years time?

What will you need to keep from your past to achieve your dream future,

and what will you need to leave behind?

What would you do if there was nothing stopping you: if you weren't worried about what others would think, if money were no object, you had time, and knew you couldn't fail?

What's *really* getting in the way of the life you have and the life you want?

What are you going to do next, to get one step closer to your dreams?

One of the previous reflection questions was, *“What would your younger self think of you?”*

Now I want you to imagine your future self looking back on your life with pride and happiness, having achieved all the things you are thinking about doing right now.

Write yourself a letter from your future self, congratulating you on all you have achieved and learned.

How did it feel to write that, to imagine being the you that has achieved what you want to, and reflects back on life with pride rather than regret? What do you need to commit to now to make this possible?

### ***What next?***

Take a moment to reflect on how it felt to answer those questions and whether anything unexpected came up for you. Are there any changes you want to make to your life, any dreams you want to realise? What are your goals for the next six months?

If you enjoyed answering the questions and found the answers came easily, coaching can help you delve deeper into them, to overcome your fears and limiting beliefs so you can turn your hopes and dreams into a reality. If you found it more challenging, coaching can help you start to reflect in this way so that you can be sure that you're making the most of your one precious life. You may even have found that taking this time to reflect on your life has been enough to push you out of your comfort zone to achieve your dreams.

### ***So what are you waiting for?***

**Contact me on [chloe@hopscotchcoaching.co.uk](mailto:chloe@hopscotchcoaching.co.uk)  
or 07800 683065 and let's get started!**

We'll start with a no pressure free 30 minute call where you can share some of these answers and the goals you'd like to work on, and ask me any questions you may have about coaching.

Use this space to make notes of any questions you'd like to ask me on our call.