



A quick
coaching tool
for you to use

4 questions

1. What's missing

- What or who do you want to be more connected with?
- What's missing for you?

2. Obstacles

- What's getting on the way of you being more connected?

3. What does better look like

- If you could be more connected what would be the benefits?
- How would you be feeling? What would tell you that things were moving in the right direction?

4. Spring into action

- What actions or steps could you take?
- What's one thing you could commit to today?