ConnectionPoint
YOUR BUSINESS & PERSONAL COACH

Putting on Your Dancing Shoes

Directions: We all have to start somewhere. So put on your "ready to move" shoes and respond to the following questions. There are no right or wrong responses.

1. **Name three goals you want to pursue? What, if any, actions have you taken?**

2. **How would your life be different if you achieved your goals?**

3. **What do you see as your biggest block or obstacle to accomplishing your goals?**

4. **What is the biggest change you would make right now assuming you have the support to do it?**

5. **What do you risk in pursuing the above named goals?**

6. **What do you risk if you do not pursue the above named goals?**

7. **What do you most from coaching?**