

## How to Gain Clarity & Get Un-Stuck



Winners have coaches. Leaders have coaches. High performers have coaches. Successful people have coaches.

If you look at people who have achieved high levels of success in life, who are super productive, you'll find a common pattern: They have great coaches.

***If you don't think you need a coach, ask yourself this...***

“Am I where I thought I would be at this point in my life?”

and then ask...

“Am I 100% satisfied with the results of my life?”

We all understand that no one has “the perfect life”, and we always will want more of “whatever.”

Being totally honest, the most successful people will all tell you this one thing about life...having things and money will not make you happy. True happiness comes from who you become by being happy with YOU, and what you have RIGHT NOW.

***Now let's explore your Level of True Happiness with this "Questions of Life" exercise.***

*This is an activity that helps you identify and acknowledge where you are currently in many areas of your life, and help discover the areas in which you would like to make an improvement in.*

**Being totally honest, what is "The ONE Thing" you want to change or improve in each category of your life, listed below.**

**1. I want to change *what* about my Health/Body?**

On a scale of 1-10, how comfortable are you with your health or body?

**2. What would you change about your job or work you do from home?**

On a scale of 1-10, how do you enjoy your work?

**3. What would you change about your finances?**

On a scale of 1-10, how financially secure do you feel?

**4. Your Relationships? Is there one you need to work on?**

On a scale of 1-10, how do you feel about your relationships?

**5. How do I feel about my self-worth?**

On a scale of 1-10, how happy are you with your self-esteem and current emotional state of being?

**Now, what is the single MOST thing from above, that you would like to change about yourself or life?**

*Really think, keep thinking, Get that deep down thought...*

**Now, let's continue and get Real about your realizations:**

**A.** What scares you about the changes that you need to make in your life?

**B.** What excites you about the changes you want to make in your life?

**C.** So, if you had 6 months to do something about this, what could you do?

**D.** So based on what you just told me, what could you do tomorrow that would be the first step to getting this done?"

***Congratulations on investing this time in yourself! By Acknowledging where you are in this stage of your life, and where you want to be going forward, you are aware and present deep down in your soul. Now you can start the process of building life on your terms.***

***This exercise is a huge momentum builder towards accomplishing whatever it is you want to achieve in life, and YOU get to choose what to do next!***

*I hope you have found value in this Coaching Session so far. If you would like to work with me one on one, please click this link: [Reach out and register](#) for a call back and appointment time.*



***“My purpose is to lift you up”  
Coach Tim***