

THE MAP TO MASTERY

LIFE PURPOSE	
Coach to: Vocation / Legacy Why am I here? How does my life matter? What can I give back?	Tools to support client into their purpose: Value's inventory Vision Statement exercise Future Self – guided meditation
PERSONAL POWER	
Coach to: Life Purpose Leaks in power Personal responsibility Personal choice	Tools to support client into bigger picture thinking: Value's inventory Vision Statement exercise Future Self – guided meditation
RELATIONSHIP	
Coach to: Personal Power Assumptions, beliefs, justifications Conversation with self Conversation with others	Tools to support client into their power: NVC Inner-critic exercise Anatomy of Peace Power Leaks
BALANCE	
Coach to: Relationship (self / others) Self-care Resources: time, energy, talent, money Emotions Environment	Tools to support client into positive relationship: NVC Who's in Charge Wheel of Life Time Management 8 Domains
IMMEDIATE CONCERNS	
Coach to: Balance Survival Mode Chaos Little ground to stand on Mach 3 hair on fire Physical needs unmet	Tools to support client into balance: Support matrix Resource location

