



Sacred Depths

COACH CERTIFICATION

Deepening Your Visioning and Strategizing Techniques Worksheet

Layering Values and Needs into Your Visioning

Inner Work

- What are your top 5 values?
- On a 1-10 scale, how consistent are you in aligning your vision with your values & needs
- In what areas of life or business do you feel your vision and values are out of alignment?
- What small steps can you take to bring these in alignment?

Client Work

- Make a list of any clients whose Visions you sense aren't aligned with their Values and Needs.
- For each client: If you were to take a guess, what's the Value/Need that is missing from their Vision?
- Design a plan to Create Awareness around this and explore for each client.

Layering Natural Rhythms and Pacing into Your Strategizing

Inner Work

- What is your Natural Rhythm and Pace? (e.g. Consistent Do-er, Deep Thinker & Processor, Tipping Pointer, Sprinter, or another?)
- On a scale of 1-10, how much do you regularly honor your Natural Rhythm and Pace?
- What belief is in the way of you FULLY honoring your Natural Rhythm and Pace? (Hint: It might have to do with something you are scared of, or something someone taught/modelled for you at a young age).
- How would aligning your Action Plan/Strategy with your Natural Rhythm and Pace benefit you?
- How can you adjust your Action Plan/Strategy to accommodate your Natural Rhythm and Pace?

Client Work

- Make a list of all your coaching clients (if you aren't working with clients currently, you can choose 5-10 colleagues, family members, or other people you know).
- Based on your understanding of each person: What is their Natural Rhythm and Pace? (e.g. Consistent Do-er, Deep Thinker & Processor, Tipping Pointer, Sprinter, or another?)
- How is your client aware or unaware of their Natural Rhythm and Pace?
- What are the limiting beliefs or resistances your client may have around their particular Rhythm?
- What can be adjusted in their strategy to really support them and their Natural Rhythm and Pace?