



# *Sacred Depths*

## COACH CERTIFICATION

### Deepening Your Visioning and Strategizing Techniques Worksheet

#### Layering Natural Rhythms and Pacing into Your Strategizing

##### 1. 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?

##### 2. 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 or Pace?
- What can be adjusted in their strategy to really support them and their Natural Rhythm and Pace?

## **Layering Values and Needs into Your Visioning**

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