

A Vision Exercise for Coaches

from Lindsay Dotzlafl | Mastering Coaching Skills Podcast

Before you begin:

- 1. You already have the answers.**
- 2. The unpolished answer is the true one.**
- 3. Come back here whenever you need to.**

Who I Am

I am someone who...

What makes me feel most alive is...

I love...

What I know to be possible, that others might doubt, is...

Something I've learned to be true about myself is...

At the end of a long day, what brings me back to myself is...

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Who I Serve

The people I most want to sit across from are...

Something I've always known to be true about humans is...

I believe people are capable of...

The world I want to live in is...

Why I Do This Work

I became a coach because...

When my work is at its best, the people I work with walk away feeling...

At the end of each day I want to know that I...

My Commitments + Legacy

Moving forward, I commit to...

When I feel lost, I will remind myself...

The thing I want to be known for has nothing to do with revenue or followers. It's...
