

# ➤ VISUAL PROGRESS COACHING



Life Coaching

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## Vision - Where

Vision - if your life was a film, what is the plot and how does it end?

What do you ultimately want to achieve and what position do you want to be in?

Do you have a vision that both inspires and guides you?

What do you focus on and aim towards in life?

When there is uncertainty or challenging times, can you see a better future that you are motivated to move towards?

When other people describe your life what will they say?

What do you want people to say at your funeral and who will be there?

## Mission - What

What 3-5 major things do you want to achieve in your life?

How will you achieve them and for whom are you doing it?

When will you achieve them and what have you done so far?

When you are successful in achieving them, what factors will have been key to your success?

How will they make you feel?

In what way do they inspire you? Are they challenging enough?

## Passion

What could you really not give up from your life?

In what activities are problems or challenges still fun and motivational?

What would you do that involves hard work, but you are not paid for?

When doing what do you lose all sense of time?

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## Purpose - Why

Purpose - do you have a set of goals to achieve by using a set of values and beliefs?

Will you find and live your purpose at work or outside work?

What were your childhood dreams?

What topic could you read hundreds of books about without getting bored?

What are you good at, what are you passionate about, what makes you feel good and what is important to you?

Have you ever asked yourself, 'is this it?'

What gives you energy, are you willing to sacrifice for and really lift you?

If you had enough money for life and did not have to work for the rest of your life, what would you do to have the best life you could?

What gives you an inner sense of satisfaction, achievement and fulfillment?

## Way - How

Way - are you living your life the way you want to?

How would other people describe your way of doing things?

How do you stay on track?

Who helps you stay on track?

On the way through life what behaviour are you proud of and what less so?

When you look back on the past year, is your way of doing things improving?

How will you have to change your way of doing things in the future?

## Timeline - When

When do you want everything to happen - which decade 25-35, 35-45, 45-55 or 65-75?

What key events can you see coming?

What benefits will you get from achieving your goals earlier?

Imagine looking back to today in 5 years - what advice would you give yourself?

How do you keep track of time in your overall life rather than day to day?

Is the best yet to come?

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## Choices - Which

Choices - what are the critical choices you must make?

What are your beliefs?

What are your personal values?

Are you proud of holding these beliefs and values?

What in life do you believe is valuable to you?

How do you make choices in life?

What choices will you take next?

## Identity - Who

What is your favourite animal and why?

Do you see some of these characteristics in yourself?

What are your personal character strengths?

What, who, where, when and how are you - Happy, Fulfilled, Successful, Motivated and Excited?

How have you changed?

How do you feel about yourself?

How are you seen by others?

## Legacy

What would you like to leave behind e.g. resources, beliefs, learning and impact on others?

Who do you want to leave them for?

How do you want to benefit others?

Have you started creating your legacy?

What is involved in creating your legacy?

Why is leaving this legacy important to you?

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## Life Coaching Exercises

### Stuck - Get Some Advice

Are you stuck, confused or not feeling clear on what to do next?

Do you want some help solving a problem, moving forwards and creating a plan?

Who would you really like to ask for help, e.g. mentors or heroes?

Which 3 people would you like to ask?

Who can you trust on this?

What questions would you like to ask?

Now invite the first person to join you in a meeting room, ask them for their advice, ask the questions you would like their help with, how do you think they would answer? Please make a note of what you think they would say.

Now invite the second person to join you in a meeting room, ask them for their advice, ask the questions you would like their help on, how do you think they would answer? Please make a note of what you think they would say.

Now invite the third person to join you in a meeting room, ask them for their advice, ask the questions you would like their help on, how do you think they would answer? Please make a note of what you think they would say.

Please consider what each person has told you.

What is common to all 3 people's advice? Is there a common idea or message coming across in their advice?

Given their advice what will you do?

What will you do first?

How will you move forward?

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## Make a North Star

A Vision is often described as being like a 'North Star' that you both focus on and move towards throughout your life that in addition reflects your values, beliefs, purpose and passions. Both inspiring, clarifying and guiding you, particularly in difficult times, by presenting a visualization of what you want to achieve that will bring a sense of fulfillment, achievement and satisfaction.

Do you think your heroes have a vision?

How could having a clear vision help you?

Which of your life, work and other skills are important?

What will you gain and give away, with whom will you share and grow?

What ups and downs, successes and failings plus learnings and let downs will there be?

If all the obstacles in your life were removed, what would you do to start work on your vision?

What impact would achieving your vision have on your partner, family and friends?

What do you regret not doing so far in your life?

What must you do for the rest of your life?

What are you ready to change and what are you completely against changing?

Where do you want to end up in life and how will the journey be?

What is the story of your life and what do you want the ending to be?

How will your North Star help you and how will you ensure you keep following it?

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## Missions to Achieve

If your life is made into a film after you die what will the memorable events be?

Why will the audience recommend the film?

How will watching the film affect them?

What big goals do you specifically want to achieve in the next 2-3 years?

What are the small goals that have to be achieved on the way to this?

What big goals do you specifically want to achieve in the next 5-7 years?

What are the small goals that have to be achieved on the way to this?

Who are the important people that will be with you in pursuit of these goals?

Why do you want to achieve these goals?

What do you regret not doing so far in your life?

What are you ready to change and what are you completely against changing?

What are the obstacles you will face and how will you overcome them?

When you are successful in achieving your missions what one main factor will have been key to your successes?

How will you make a plan to achieve your goals?

How will you track your progress?

What help and who will you need?

When you have achieved your missions what will you see?

How will you feel?

Why is it important?

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## Purpose Creation

Why are you here, what were you created to do?

Have you ever felt like you were supposed to be doing more with your life?

Which parts of your life have a sense of purpose, and which do not?

Do you desire to achieve more for others or yourself in a greater way?

Do you want to gain more meaning, satisfaction and energy in your work and other activities?

What is it that is missing and is important to you?

When you were a child, what dreams did you have and what did you want to do when you grew up?

What do you both enjoy and feel good at despite it involving responsibility, challenge and time?

What has your life so far shown you?

For most people their purpose is something that is all of the following.

- They feel passionate about, inspired by and find real focus in.
- They are naturally good at and do not get tired of it.
- They love to do and often want to share.
- Is important to them and they can commit to.

Please think of 3 ideas for each bullet point and write them down.

Do you see any way of connecting any of the ideas?

Who have you learnt from, who do you want to help and who do you want to be more like?

What combination of skills, behaviours, talents, and impact create your unique selling point as a person?

Are you demonstrating them enough currently?

How could you demonstrate them more?

If you were a brand what would the marketing team say about you?

If people you encounter in life recommend being with you to others in any way, what will they say?

If you could discover what motivates you, energizes you and what you are willing to sacrifice for how would it help you?

How do you want to help yourself, friends, family, colleagues and society? Why?



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## Your Values and what is Valuable

What do you want in life?

What keeps you living your current life the way you are?

Why have you made the significant choices you have?

What is really important in your life?

What really is not important in your life?

What changes do you want to make?

Values (ideal or moral guides for your behaviour)

When in life have you been prepared to get into trouble, take risks or be unpopular because of a desire to do what is right rather than what is convenient? What values were behind this?

When in life have you become really upset, angry or disappointed in either your behaviour or the behaviour of another person? What values were behind this?

When in life have you been at your best, achieving great things and feeling complete? What values were behind this?

If you had enough to exist in life (resources, people around you, security and safety) what else would you want? What values would be part of this?

What values do you see in your friends and others you respect? Why are these values important?

What values do you not see in people you dislike and do not respect? Why are these values important?

At the end of your life, which 3 values will you tell others are most important to live by?

At the end of your life, which 3 values will you tell others really helped you?

At the end of your life, what values would you like others to say they saw in you?

Valuable (things that you value in life)

What is valuable to you?

Relationships, family, health, work, security, stability, excitement, happiness, my house / car .....

What is not valuable to you but might be to others?

Do you have enough of what is valuable in your life?

What are you doing to look after what is valuable in your life?

What are you doing about what is valuable in your life?

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## Will you achieve your goal?

Are you in the process of trying to achieve a goal?

Can you explain the goal in a clear sentence?

What originally motivated you to try to achieve this goal?

Imagine yourself being surrounded by all your stakeholders, colleagues, family and friends that are involved in either the project or your involvement in the project.

Please look at yourself through the eyes of these people who surround you at the moment you have achieved your goal.

How would they describe you and what do they notice about you?

What have you achieved?

How do they feel about you?

How does that make you feel?

What skills and behaviours were behind your success?

Which challenges did you overcome and how?

How did you grow during achieving this goal?

Why is this success important?

What does this goal achievement open up for you to do next?

What will you do next?

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## Develop Motivation

Who have you helped recently?

What have you learnt recently?

Is your life getting better or worse? Or is it simply stuck?

What do you want?

What are you happy about in your life?

Is there any excitement in your life and could there be more?

Do have anything in your life you feel proud of and is there something further you want to achieve?

What are you thankful for in your life and what do you hope for?

What do you take responsibility for, and can you commit to?

Who do you love? Who loves you?

What do you think you want? Why?

What is it that you really want that is behind this?

What is it worth?

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