

Personal Discovery Game

Name _____

Date _____

As your coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her.

These are "pondering" questions designed to stimulate your thinking in a particular way that will make our work together ever more productive. Over time, we'll revisit these areas as you grow and change.

Have fun! As you read each question, notice your "gut reaction". Do you want to dive in deep or avoid like the plague? Just notice. If formulating a response seems like major surgery, skip it and return later. When the time is right, your answer will come clearly, thoughtfully and with ease. Allow yourself to express what you don't know: invite previously unspoken messages to appear!

I suggest that you take several days, or more if that helps, to compose your responses to these questions. We'll use them as the foundation for our initial discovery session.

Who are you?

1. What do you contribute that is unique? What are your special talents, skills, knowledge? This is no time to be modest!
2. What do others say about you?
3. What are you being when the possibilities in life are limitless? Recall a time when that was true for you and let your imagination flow!
4. Beyond your basic needs, what is a "must have" in your life?
5. When are you unable to laugh at yourself?
6. When do you give your power away? To whom?

What does your self-care look like?

7. What does physical care for your body look like? How are you feeding it with nourishment, movement, rest?
8. In what ways do you allow intimate relationships to nourish you? What do you desire?
9. How is your balance between giving and receiving, caretaking and self-nurturing?
10. How do you strike a balance between job/education/career, personal time, and social life?

11. In what ways do play and creativity show up in your days? How do these nurture you?
12. How do your physical environment (home, work) and natural environment support you? What is missing?
13. In what ways do you move with ease in the world? How are you fighting life?
14. How active is your harsh inner critic? What do you routinely berate yourself for?

What do you value?

15. What drives you crazy? What do you obsess about?
16. If there were secret passion in your life, what would it be?
17. Think about one or two people you know who really inspire you. What about them is inspiring?
18. What are your spiritual beliefs? Do you believe in the concept of a higher power? Please describe the most useful, empowering aspects of your spiritual beliefs.
19. What's missing in your life, the presence of which would have your life be more fulfilling?
20. Look forward 20 years ... you are attending a function where someone is giving a speech about YOU! What would you want them to say?

What do you do? What do you long to do?

21. What activities have heart and meaning for you?
22. What needs in the world are you moved to meet?
23. What two steps could you immediately take that would make the biggest difference in your current situation?
24. If time and resources were not a concern, describe the things you long to do.
25. What accomplishments do you think must occur during your lifetime so that you will consider your life to have been satisfying and well lived—a life of few or no regrets?

What else?

26. What secrets hold you back? What would result from letting go?
27. What can I say to you when you are “stuck” that will return you to action?
28. If you trusted your coach enough to say how to manage you most effectively, what tips would you give?
29. What else would you like me, as your coach, to know about you?