

Self Coaching Start-Up Guide



GET READY FOR AWESOME!



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ASK BETTER QUESTIONS...

Every day, your mind asks and answers hundreds, if not thousands, of questions. Many of these are to do with small, simple, everyday decisions, like what to eat or wear, when to leave work, or what to do with your weekend?

And these kinds of questions are essential, as they help you make decisions, get things done, and manage your life.

When you think about it, this ability to ask questions and make decisions, is a human superpower. We are, as far as we know, the only beings blessed with conscious thought, and therefore we have the ability to take conscious control of our lives.

Unfortunately, most people do not put this superpower to the best use possible because they fail to take the time to ask themselves the truly important questions; the questions that will make the most difference, and that have the potential to change your life for the better.

This is seriously one of the most overlooked ways to immediately impact on your life situation: **Ask better questions.**

Asking people questions they haven't thought to ask themselves is one of the main ways I help to create massive change for my clients.

For those of you who are **not ready** to commit to 1:1 coaching right now, then I designed this Self-Coaching Guide with you in mind.

7 KEY QUESTIONS...

If you want to change your life, the best thing you can do right now is take a few moments and think about what really matters to you and try to answer some of life's bigger questions.

Even the greatest thinker of our time, Einstein said, *"If I had an hour to solve a problem and my life depended on the solution, then I would spend the first 55 minutes determining the proper question to ask"*.

Warning: the answers will hopefully surprise you!

1. What do I really want?

You don't have a hope of getting what you want if you can't even be honest with yourself about **wanting what you want**, so that's why I recommend you start with this question. And don't hold back: **If you could have anything you wanted, then what would that be?** Visualise your dreams! Have fun imagining things, picturing your ideal life, and keep asking this question until the picture becomes your reality.

Write down what you really want here:

2. Who do I really want to be?

Most people don't fully appreciate the extent to which they can choose who they want to be. Instead, too many people are focused on how other people and situations are impacting on them. They fall into blame and victimhood: ***I'm just a product of my circumstances or genetics.*** If you want change, then you'd best take responsibility for the one thing you have most control over in this life: YOU! **If you could become a person you loved, respected and admired, who would you be?**

Write an exhaustive list of qualities and character traits here:

3. Who or what do I most want to connect with today?

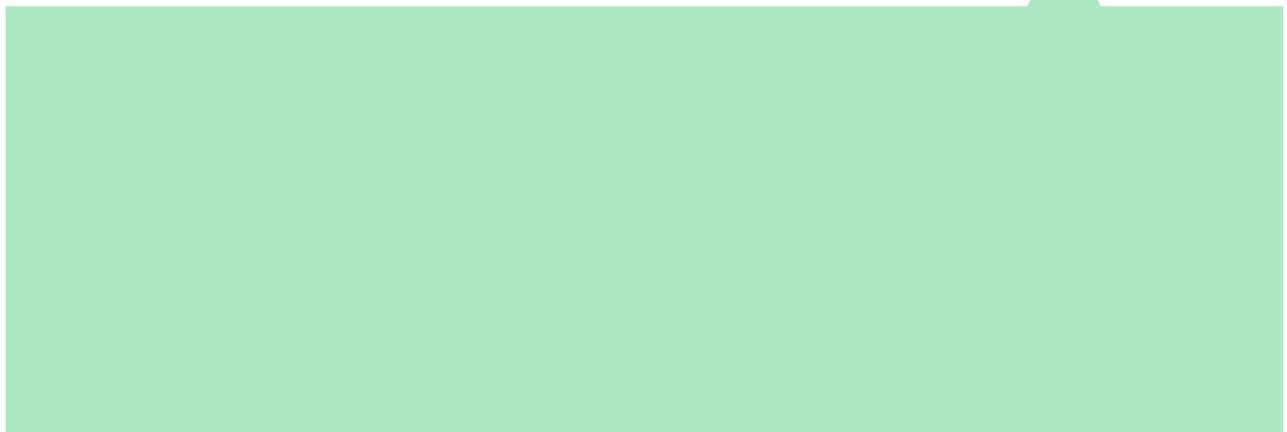
Life is about connection; connection to things and to beings. For example, you may want to prioritise connecting with your family, your furry friend, or your work colleagues. As far as "things" go, perhaps you want to connect with a great book, learning a language, walking in nature, or tidying your office space. Or maybe you have a big mission to accomplish, and focusing on your career is what really matters for you.

Take the time now to get really clear about all the things and people you most want to connect with in your life on a regular basis:

4. What can I be grateful for today?

Nobody leads a perfect life. We all face challenges and yearn for things we don't have. But focusing on what is lacking only brings pain and suffering. Quality of life comes down to being grateful for what you do have, and an **'attitude of gratitude'** can literally transform your life. According to Willie Nelson, *"When I started counting my blessings, my whole life turned around."*

What do you appreciate? Write down 20 things here and now, and start observing 3-5 things daily:



5. What attitude am I choosing to bring to each day?

Closely related to question number two, this question asks you to focus on the attitude you are taking into your day. And that implies that you get to choose your attitude - which of course is true. Think about it this way, the attitude you choose to adopt is like a pair of tinted eyeglasses - the colour you choose will be reflected everywhere you look.

Brainstorm ideas for an ideal attitude until you settle on 1-2 that sum up how you want to approach life from this point onwards:



6. How am I uniquely designed to contribute to the world?

There is no doubt that contributing to something or someone beyond ourselves brings a sense of deep and lasting fulfilment. And I believe we are all uniquely designed to contribute in our own special ways. There's no one else exactly like you, who cares about the things you care about, who brings the skills, knowledge, talents and passion that you bring.

Take a few moments to reflect on the ways you are contributing already, and the ways you would ideally love to be of service to the world around you:



7. What is one thing I can do over the next two weeks to start to create more fulfilment in my life?

My Nana used to say: *"It's time to get down to brass tacks"*. I never knew the exact meaning of this phrase, but I came to infer it meant 'get down to business'. And now, **the time has come for you to get down to business**. You see, all this thinking, reflecting, and asking yourself these big questions is fantastic, but it's also wasted energy if you don't take some relevant action.

My advice: Start small. Once you have success, you can build on the initial win.

Do that yoga class. Reach out and connect with that friend you've been meaning to call. Start mediating for just 5-minutes a day. Take a fresh attitude into work. Stop putting off that creative project.

Make sure you choose an activity that is meaningful; something that relates directly to the insights you've gained from this guide; and something that will bring immediate joy and happiness to your life.

Don't delay! Schedule it right now and make sure you follow through. Find an accountability partner if you think your commitment may waiver.

As Arnold Glasow cheekily stated:

“An idea not coupled with action will never get any bigger than the brain cell it occupied.”

Everything that was ever created, first had to be imagined. Your life is the same. You can create almost anything you desire, but the starting point is clarity - and clarity comes from asking better questions.



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