



Uplevel your coaching results immediately with these 4 questions:

1. Is this _____ serving you? (awareness = STOP autopilot)
2. Where did you learn this _____? (origin = not yours)
3. If you continue this _____, where will it lead you?
(cause & effect = leverage)
4. What is the most powerful _____ you could choose right now
that would serve you and move you closer to your goals? (pivot and reframe)