

Unclear About Your Future?

"3 Simple Steps to Figure Out What You Want"



By Diane Rolston, CPCC

"Hello again,

I'm glad you made it inside and I'm excited to share some of my coaching tools with you. Since I'm a Certified Professional Co-Active Coach (CPCC) I hope to make this as interactive as possible and along the lines of my coaching style.

Why am I giving you this for free? Well, I have many reasons for doing this, but the main one came from the topics I cover with my clients and in a lot of the presentations and workshops I do. Like those who seek me out, and those in my audiences, maybe you also want to know how to overcome challenges, face your fears, ditch limiting beliefs, jump into action and live more confidently and courageously.

The first question you would need to answer is, "What do you want?" Seems easy, but in that moment as you sit in the audience or on the other end of the phone, could you quickly come up with some meaningful ideas of what you want in the many areas of your life? The answer is usually, "No" and in the moment you probably won't come up with more than the usual: more money, more time, more vacations, less stress, less work etc.

This is not because you don't care about what happens in your life instead you probably are just so busy doing everything that it's hard to find the time to just...breathe. So here is your chance. 'Take a deep breath' and carve out a bit of time in your busy schedule for this...for you.

Well let's get started! This is going to be fun!"
~ Diane



ANSWERS TO QUESTIONS YOU MIGHT HAVE

What if I already know what I want?

Great! Now going through these steps will solidify what you want and see if there are any details or ideas you want to add. Also, you then have your “wants” in writing and a tool to use when figuring out what needs to be done to meet your goals.

What is the best way to tackle this?

Since I said “3” simple steps there will be 3 sections to this workbook. You can work through them all in one go, or split your time into 3 and come back to it. I’d recommend you give more time and space to this because when you come back to it you have fresh eyes and fresh ideas. You’ll also get deeper into what matters and closer to the authentic answers. So complete step 1 and take a look at step 2. Put this down and when you come back to it review step 1 and see if there is anything you can add to it.

Should I print it?

YES! But you don’t have to print these first 2 pages (if you don’t want to) because they are just setting things up. But print the rest and grab a pen to fill it out. Then you can easily bring it with you to a coaching session, to one of my talks or into your daily life as a reference.

What if I get stuck?

If you get to a point where you don’t understand, draw a blank or get stuck in some way – then contact me. Email me, Facebook me, Tweet me. I am here to help, provide support, pull you out of the muck or just give you a push to get going.

Why should I do it if I’m just coming to see you speak?

As I mentioned before so many of my talks start with, “What do you want?” and many people don’t have an answer and spend the rest of my presentation thinking about it or beating themselves up for not knowing the XY and Z of what they want. I always want to give people hands on tools and why not work through things as I’m speaking? It’s free coaching and along with new knowledge, you walk out with an action item in place for what matters most – you! So to get the most out of my talk, fill this out and bring it with you.

STEP 1

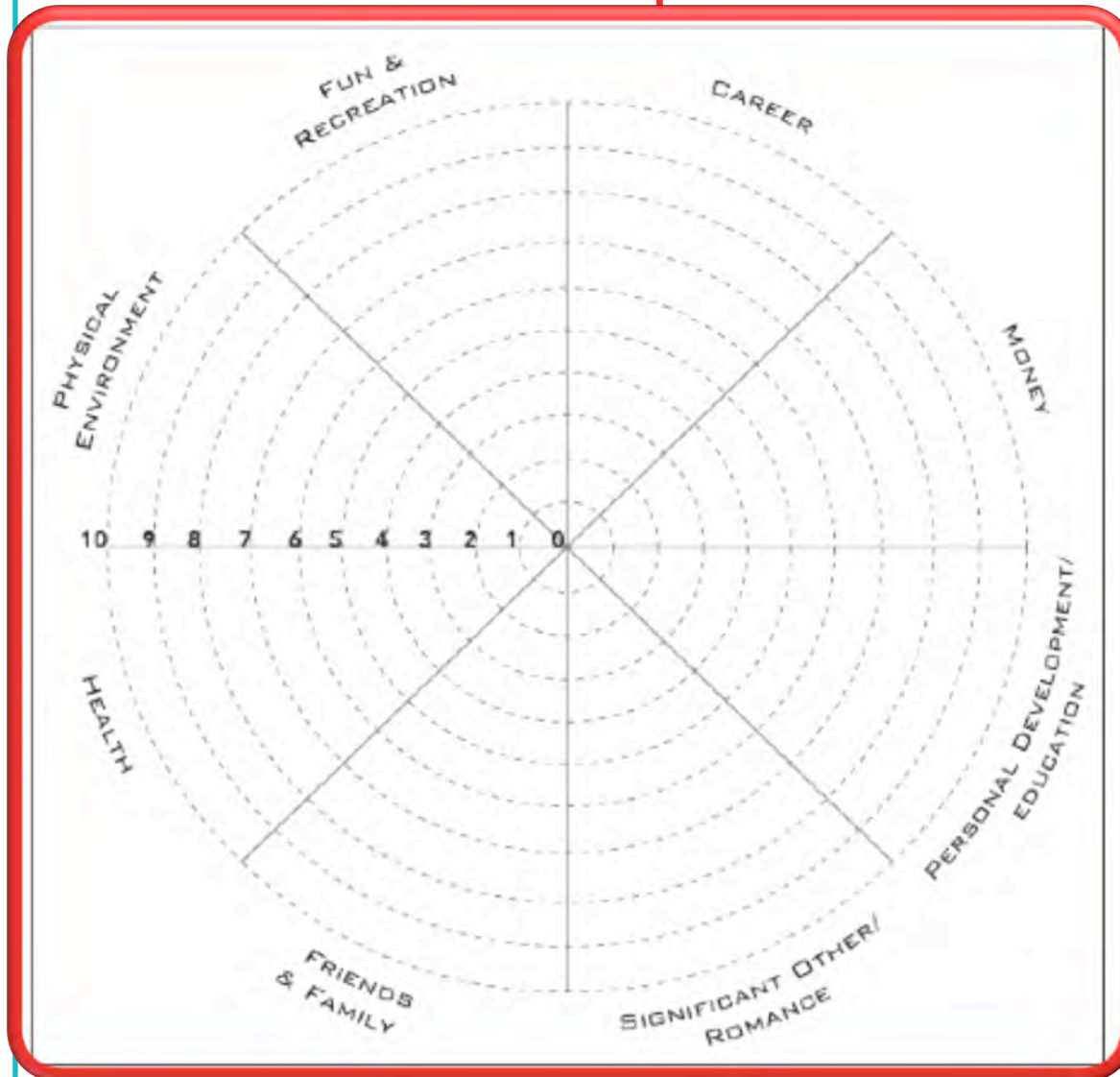
YOUR LEVEL OF SATISFACTION

Taking stock of where you are is so important to figure out where you want to go.

When you look back at where you have been, do you live wishfully to bring back the good parts or do you focus on your regrets?

Where are you **RIGHT NOW**?

We don't usually take time to figure out where we are and how we are doing, but this time is about you. So since you're important clear some time right now or put a date into your schedule to do this when you won't have distractions and can be honest.



THE WHEEL OF LIFE

There are 8 sections to the Wheel of Life that represent several different aspects of your life. Seeing the center of the wheel is a zero and the outer edges are a ten, rank your level of satisfaction with each area by drawing a line along the dotted lines to create a new outer edge.

Remember that this is rating your level of satisfaction, not how others view you or what you have. This is a reflection of how you feel about it today, not a few weeks or months from now and not how it was in the past.

This is not a report card and it's definitely not a test. There is no right or wrong answer, just your answer. A lot of times we have a number, then we think about it and start defending or deciding on a new number.

It's best to just go with your gut and choose the first number that comes to your mind. Go!

Why am I asking you to look at the different areas and not just the ones that are on your mind now? Well, they are linked a lot stronger than you think. Let's look at an example. **CAREER: You get a promotion.**

When you have more responsibilities will you be away from the house more? Does that then mean that your family will see you less and your partner will become just a roommate? Good news is your money will probably increase, but maybe then you want a bigger house or you get to go on more vacations. Maybe your health will suffer because you have no time to workout and will order in dinner. Will your weekends be packed with time at the office or answering the phone and emails... You get the point. By looking at what you want in EVERY area will mean that they all get an equal opportunity of being fulfilled and will increase your satisfaction without risking "what you want". Here is a short description for each area to help you in Step 1 and Step 2.



Career

This is your job, your industry, your level/position and can even include your work environment, your coworkers, boss etc. Remember this is your satisfaction, so if you have a job others don't think is good or even if you are unemployed if you are satisfied then it has a high number.



Money

This is not about having a billion dollars. It's more about how satisfied you are with the amount of money you have. Do you have enough to do what you need or want in life? To cover bills? To sleep easy? To have a safety net?



Personal Development/Education

This can include your hobbies, reading, any courses you are taking and anything you are learning. This would also be your spiritual side if you have one. How satisfied are you with the things in your life that help you grow?



Significant Other/Romance

This is the person you are dating, your partner or spouse and the romance you have. Like with career, not having a significant other or romance in your life can still be extremely satisfying.



Friends and Family

Think of the relationships you have with your friends and your family members. How satisfied are you with them? You can split this into two areas if you are getting two different numbers



Health

Health includes your physical body, your inner health and the level of exercise and nutrition you have in your life. If you have any illnesses or issues with headaches, feeling tired or any physical limitations they would be included here.



Physical Environment

This is your home, neighborhood, community, city, country and the weather you live in. This can also include how it is inside your home. With every area look at what you see, hear, feel and even smell in each area as these might add to how satisfied you are.



Fun and Recreation

This area can include the times out with family/friends or a significant other. How satisfied are you with the amount of fun you have?

STEP 2

Look at the numbers on your wheel and (without judgment) take a moment to wonder ...
"How would it be to move each number up to a 10 or even beyond?"

There are six more questions below to help you fill in the blanks of how to bring fulfillment into each area. I gave three for each one, but if you have more then write them all down – I don't want you to be limited by three.

BUILDING FULFILLMENT

- What would a 10 look like?
- Where do you want to make a difference in your life?
- What would it take to be fulfilled?
- What would a fulfilled life look in each area?
- What would be bigger than what you have already written down?
- What else?



Career

1. _____
2. _____
3. _____



Friends and Family

1. _____
2. _____
3. _____



Money

1. _____
2. _____
3. _____



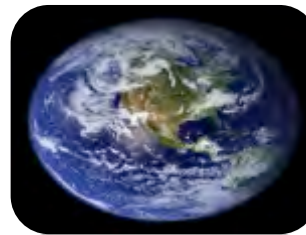
Health

1. _____
2. _____
3. _____



Personal Development/Education

1. _____
2. _____
3. _____



Physical Environment

1. _____
2. _____
3. _____



Significant Other/Romance

1. _____
2. _____
3. _____



Fun and Recreation

1. _____
2. _____
3. _____

STEP 3

GOALS AND COMMITMENTS

This is the final step to figuring out what you want. It's now important to think about what you're willing to do. Have a good look at what you put together from step 2 and decide some commitments and goals that you want to make. You don't have to do everything that you come up with right away. They are just starting points. Then when we work together you'll have some clarity on, "what you want".

What is a **COMMITMENT**?

It's more of a promise you make to yourself about how you are going to be. Commitments are not measurable, so there are no dates attached to them. For example, I am committed to having honesty in my relationships or I am committed to living boldly every day.

A **GOAL** is a measurable desired result that you plan and commit to achieve. For example, complete my book by May 1st 20xx, or have 4 new clients by January 20xx.

Some people think that goal setting is for those keepers or over ambitious people, but what you want is important and goals help you get what you want.

Goals do 3 things really well:

1. Goals help you reach specific targets,
2. Goals measure progress and
3. Goals evaluate how effective your actions are.

Area of Your Life	Goal	Commitment
Career	1.	1.
	2.	2.
Money	1.	1.
	2.	2.
Personal Development/Education	1.	1.
	2.	2.
Significant Other/Romance	1.	1.
	2.	2.
Friends and Family	1.	1.
	2.	2.
Health	1.	1.
	2.	2.
Physical Environment	1.	1.
	2.	2.
Fun and Recreation	1.	1.
	2.	2.



"Nice job! You made it to the end of "The 3 Simple Steps to Figure Out What You Want". But you can't stop here. You can't let the work you did and what you want just be another bit of writing on paper. Do something about it. What can you do? Here are a few actions:

I want to acknowledge you for getting here. You have shown drive and determination to get your list done. If it needs tweaking then just give it some more time. Also, revisit your list in 3 months then 6 months then a year and see how many things to can tick off your list.

I'm looking forward to when our paths cross and we get to meet. Please share what you have learnt and especially, "What You Want"!

Until then make sure you JUMP!"

xo
Diane

HOW TO USE YOUR WANTS

1. Put your goals, commitments and wheel of life on your fridge, your mirror, your corkboard or a place where your, "what you want" will be right in your face so you can't ignore it.
2. Set some dates for when your goals will be complete and work backwards by writing the smaller steps on your calendar.
3. Tell others and get an accountability buddy so you keep your commitments.
4. Make a date with "what you want " everyday so you keep your goals and commitments in focus.
5. Tell me...Yes! Send me an email and tell me "what you want" and when you plan on getting it. I will hold you to it!

About the Author...

Diane Rolston loves a good challenge and her purpose in life is to inspire and motivate others to tackle their biggest hurdles. As a Certified Professional Co-Active Coach (CPCC) she supports her clients with facing their fears and testing their limits so that they can achieve success. Diane has spent more than ten years encouraging clients to get clear about what they want, while building their courage to do the things they've always wanted to, but haven't. Audiences comment on her dynamic style and how she always gives them a tool or challenge they can put into action all while inspiring them to make the changes they have been putting off. Diane's clients say, "She helped me develop my self-confidence," "She's a positive person who constantly challenges your limits and helps you keep growing," and "At the end of a coaching session, I feel appreciative and appreciated, exposed yet hopeful and confident." She lives in North Vancouver with her husband and little girl Bailey where she enjoys hiking in the mountains, playing soccer and relaxing on the beach.

"Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are."~ Bernice Johnson Reagon

Let's connect ~ www.facebook.com/lifecoachdiane ~ [@lifecoachdiane](https://twitter.com/lifecoachdiane) ~ diane@dianerolston.com ~ 778.235.5819