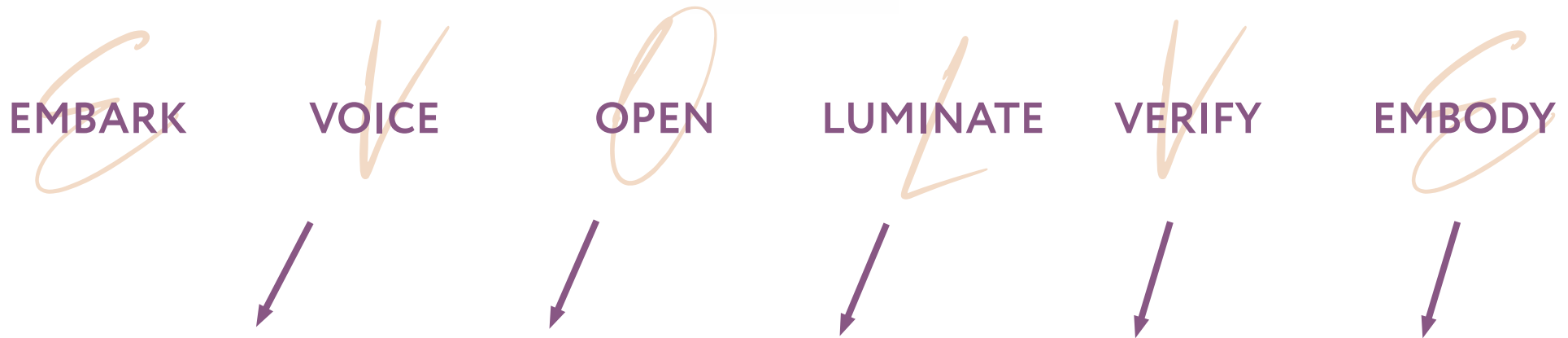


Coaching *Evolved*



EMBARK

VOICE

OPEN

LUMINATE

VERIFY

EMBODY

1

2

3

4

5

Emotional

- What do you REALLY want?
- How will it feel to have it?
- What is the GIFT goal?

Spiritual

- Partner with a larger force. What are the values and essences at play here?
- Why do you want it?

**Mental/
Physical**

- What is the physical representation of having it?
- What strengths, support and resources do you already have?

All 5 Facets

- What support do I need around me?
- What are the milestones?
- What are the micro actions in each milestone?

Energetic

- How can you embody the essence of what you want here and now?

1

Emotional

- What do you REALLY want?
- How will it feel to have it?
- What is the GIFT goal?

Notes:

2

Spiritual

- Partner with a larger force.
What are the values and essences at play here?
- Why do you want it?

Notes:

3

Mental/ Physical

- What is the physical representation of having it?
- What strengths, support and resources do you already have?

Notes:

4

All 5 Facets

- What support do I need around me?
- What are the milestones?
- What are the micro actions in each milestone?

Notes:

5

Energetic

- How can you embody the essence of what you want here and now?

Notes:
