

# Life Coaching

## Life's intention inventory

Your life's intention inventory is a direction, aim or purpose that brings significant meaning to your life. The following questions may be of help with this;

- ❖ What is important to you?
- ❖ What is the contribution you want to be known for?
- ❖ If people were talking about you what is it that you would want them to say?

The table below gives some examples. Please look at each and score those that are currently important to you, you can also add your own. Five is "very important" and one is "relatively unimportant." Please remember that this is only a snapshot in time, a reflection of where you are now. Your rating of these intentions could change at a later date.

My intentions are to be	1	2	3	4	5
Financially successful					
Physically fit and healthy					
A successful artist, sculptor					
A successful musician, composer					
A successful author, playwright, poet					
A contributor to my community					
A visionary leader					
A great (loving) family member*					
Spiritually developing					
A well-respected professional					
An effective manager					
An effective teacher					
Well-educated					
A creator of beauty					
An effective coach					
A successful business owner					
An effective healer					
Well travelled					
An effective mentor					
A successful entrepreneur					
An adventurer					
An effective therapist					
An effective minister					
Politically active					
A successful communicator					

\* Fill in the blank here eg mother, father, aunt, uncle, grandmother, grandfather, sister, brother, partner, husband, wife, friend.

Now identify your top one, and remember there is no right or wrong here. Write it where you can see it and read it at least once a day every day for 14 days in the following way;

*“Thank you for sharing Monkey Mind. Nevertheless I am willing to be ..... “*

Then take your top three and do the same for 30 days. These are your “Fundamental Affirmations”.