



Life Coaching Discovery Guide

Use these questions to get specific about what results you'd like to see in your life.

1. What's most important for you to accomplish in the next year?
 - Personally?
 - Professionally?
 - Financially?
2. Which of these goals is the most important to you?
3. If you could accomplish this, what would it do for you?
4. What would be the best part of these results?
5. What are the biggest challenges keeping you from having all that you want?
6. What impact are these challenges having on you personally? How do you view your ability to achieve the results you are looking for?
7. What is it costing you to NOT take action on your vision and dreams?
8. On a scale of 1 to 10, how committed are you to solving this challenge?

9. What is stopping you from being a 10?

10. Once you've identified some areas you'd like to move forward in, the life coaching process can help you work on these goals by following this plan:

- First, we are going to help you get crystal-clear on your vision.
- Then, we are going to take your vision and break it down into a crystal-clear action plan so you can achieve what's important to you.
- Next, we will upgrade your skills.

What are some of the skills you would like to upgrade?

- Then we are going to work on optimizing your environment. Things like your social environment, physical environment, idea environment, etc.
- Last, we will work on mastering your psychology: the thoughts and headspace from which all your actions and reactions are born.

What are some limiting beliefs or past experiences that may be limiting or sabotaging your success?

Was this guide helpful to you? Don't let the process end here!

Tell me about your story by sending me an email: julia@juliaallman.com.

I'd love to help you reach your goals and move forward.