



How to be more

LEADERX

S E L F C O A C H I N G

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Be **BOLD** Be **COURAGEOUS** Be **TRUE**



Your Coaching Journey

Leadership development through coaching

Congratulations on embarking on your self-coaching experience.

In this journal you will be taken through a number of self-reflective exercises to help you identify your values, your key areas of focus, your strengths and key development areas. You will be encouraged to write a reflective journal or notes following each exercise to lock in your commitments and get your thoughts out of your head and create focus.

Coaching approach

- CONFIDENTIAL
- LED BY YOU
- DISCOVER UNDERLYING PATTERNS
- GAINING CLARITY OVER APPROACHES OR STRATEGY
- UNDERSTANDING YOUR BLOCKS AND BARRIERS
- UNLOCKING YOUR POTENTIAL

Within this book you have all of the resources to record and update your progress. Follow and complete each page in order and bring along to your coaching sessions.

Each session, I will ask you for a topic for the session, and what a good outcome of the session will be. It is good practice to think and plan this before your session.

You and your coach will explore different approaches, thoughts and perspectives regarding your topic. The real learning comes after when you put into practice your learnings.

- Homework—an activity to complete before the next session
- An Inquiry—reflection on a key theme that needs some deep thinking
- A challenge—Something to push you from your comfort Zone
- Reflection—reviewing your progress and reflecting on changes in your thoughts, beliefs or results.

Your Focus

What is your focus right now? What is an area of your work or life that you need to change, improve or stop? What are the reoccurring blocks and barriers for success?

Your Priorities

What are the key priorities for your right now? It is impossible to work on every worry, concern or issues, but we know that there are some that are more important to you than others right now. What are they?

A year from now

If you could make the necessary changes required to succeed in your life, what will your life look like in a years time? How are you thinking, feeling? What's going on around you? What are people saying about you? Don't be shy, this is just for us.



Answer these questions

What are you top 5 coaching priorities?

- 1.
- 2.
- 3.
- 4.
- 5.

If you could improve these priorities in a satisfactory way, how will life be different for you in a year from now?

Career

Family/friendships

Health (mental and physical)

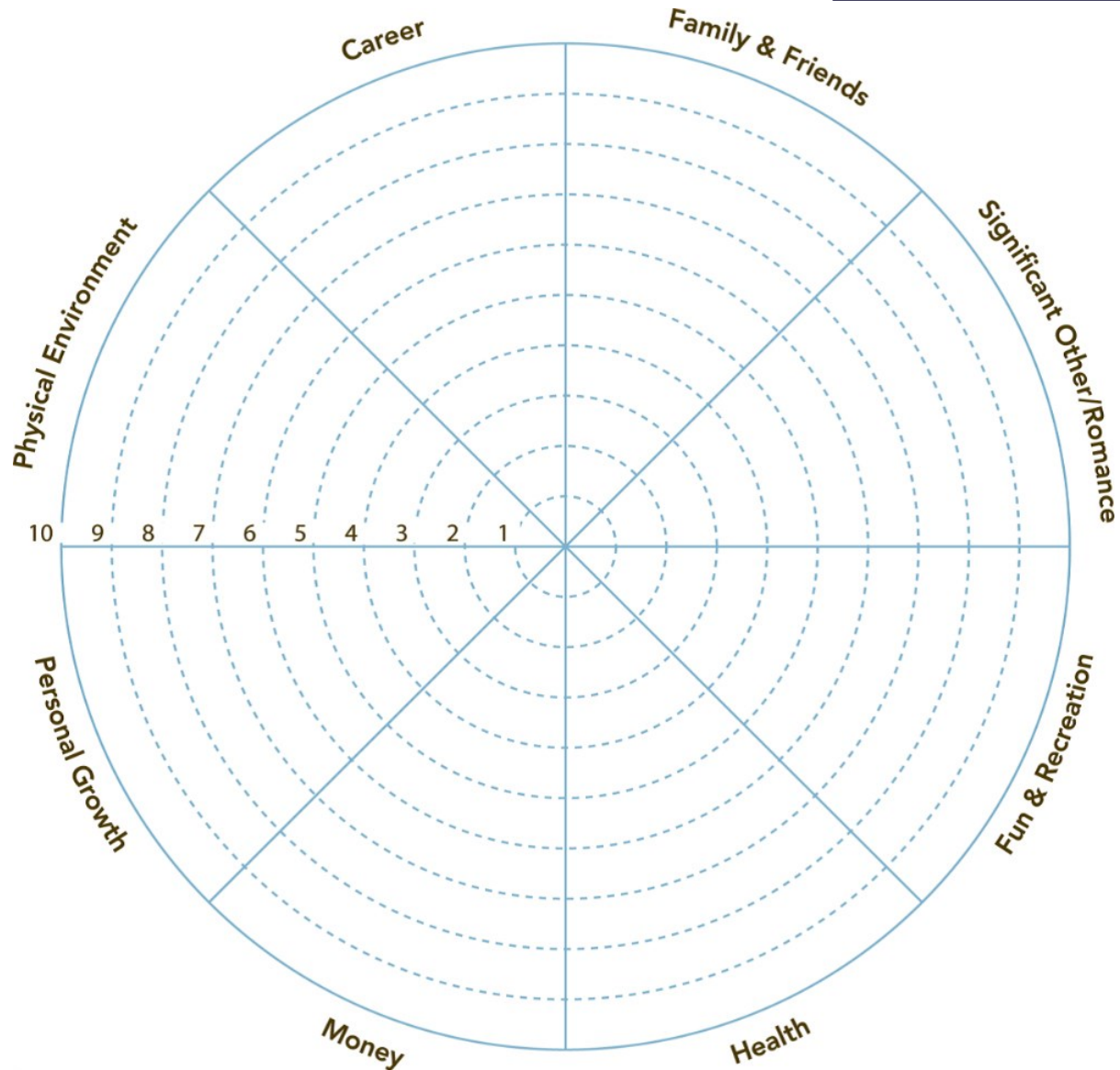
Feeling at ease within yourself

Fun and recreation

THE WHEEL

OF LIFE

The wheel of life is a snapshot of where you are right now and where you want to be. Rarely are we living a 10/10 life in all areas. For each part of your life, think how 10/10 would look for you. Then look at where you are now. Mark out of ten where you are.



Personal growth and development	/10
Love and significant other	/10
Friends and family	/10
Physical and mental health	/10
Money	/10
Career	/10
Physical environment (home/city)	/10
Fun and recreation	/10



Reflections Journal

Wheel of life and priorities

Notice how smooth or bumpy your ride is now you can see your wheel. Do you want to invest your time and focus on making it smoother, or pushing a particular spoke out a bit? What new insight have you gained? What is missing in your life? What have you an abundance of and are sure you want to keep?



Coaching Foundation

Date _____

Of the 5 priorities, what is number 1? What is a goal or success factor that you want to achieve and by when?

What are the key blocks and barriers that are slowing down or stopping success?

Opportunities available to me right now

What commitments will you make during the coaching experience?

My Present mindset



Finding your values

You may already know these, perhaps it's your first time exploring them. Your values are like your moral compass, guiding you to your true north. They are the principles by which you live your life, and when you are aligned to them, you feel in flow, like life has meaning. You feel at ease. When you work against them, you feel a dis-ease—perhaps you have some inner unrest or struggle to look yourself in the mirror each morning.

Circle between 5-10 values that feel most like you

Abundance	Dedication	Kindness	Professionalism
Acceptance	Dependability	Knowledge	Punctuality
Accountability	Diversity	Leadership	Relationships
Achievement	Empathy	Learning	Reliability
Adventure	Encouragement	Love	Resilience
Advocacy	Enthusiasm	Loyalty	Resourcefulness
Ambition	Ethics	Making a Difference	Responsibility
Appreciation	Excellence	Mindfulness	Responsiveness
Attractiveness	Expressiveness	Motivation	Security
Autonomy	Fairness	Optimism	Self-Control
Balance	Family	Open-Mindedness	Selflessness
Being the Best	Friendships	Originality	Simplicity
Benevolence	Flexibility	Passion	Stability
Boldness	Freedom	Performance	Success
Brilliance	Fun	Personal Development	Teamwork
Calmness	Generosity	Proactive	Thankfulness
Caring	Grace	Professionalism	Thoughtfulness
Challenge	Growth	Quality	Traditionalism
Charity	Flexibility	Recognition	Trustworthiness
Cheerfulness	Happiness	Risk Taking	Understanding
Cleverness	Health	Safety	Uniqueness
Community	Honesty	Security	Usefulness
Commitment	Humility	Service	Versatility
Compassion	Humour	Spirituality	Vision
Cooperation	Inclusiveness	Stability	Warmth
Collaboration	Independence	Peace	Wealth
Consistency	Individuality	Perfection	Well-Being
Contribution	Innovation	Playfulness	Wisdom
Creativity	Inspiration	Popularity	Zeal
Credibility	Intelligence	Power	
Curiosity	Intuition	Preparedness	
Daring	Joy	Proactivity	
Decisiveness			



Values Journal

List your 5 core values

- 1
- 2
- 3
- 4
- 5

How are you honouring right now?

Where are you in conflict with your values—and what is the impact on you?



Leadership Values Journal

If you were to lead from your values, what would be different about your leadership approach?

Who do you need to be and what do you need to do to be more authentic in your leadership?

Who do you need to stop being/doing to be more authentic in your leadership?



Reflections Journal

Ideas, inspiration, quotes, successes and frustrations



Leadership Strengths

Looking back over your career, what are you most proud of?

What strengths and qualities did you use to make this so successful?

What challenges have you overcome, and how did you grow and develop as a result?

If you were to define greatness to your 18 year old self—what wisdom would you pass on?

Who do you admire, or who inspires you?

What strengths or qualities do they have that you might have within you—just underdeveloped or hidden?



Self coaching Journal

You are now going to reflect on a series of questions to help identify who you are, where you want to be, and what you can do to get there. Take time to reflect, go for a walk, meditate, sit with them for some time—then write.

What are you doing when you feel most energised?

When do you feel most connected with people?

What blocks the connection?



Reflections Journal

When do you feel at your most powerful

When do you feel at your most anxious or vulnerable?

When something goes wrong, what words do you say to yourself? Are they kind or unkind?

What is hard for you right now?



Coaching Journal

What frustrates you?

What kind of people or behaviours can't you be with?

When do you demonstrate those behaviours?

If you were really brave—what would you do, try, change right now?

How can you maximise your strengths?

How can you lead with more integrity?

Homework



Reflections Journal

Ideas, inspiration, quotes, successes and frustrations



Reflections Journal

Ideas, inspiration, quotes, successes and frustrations



Reflections Journal

Ideas, inspiration, quotes, successes and frustrations



Reflections Journal

Ideas, inspiration, quotes, successes and frustrations



What am I celebrating?

Reflect on your key successes? What is different? What have you achieved?
What is different now?



Revisit the wheel—how does it look today?

A year from now

What will a year from now look like?
What are your new goals?

Time to reflect on the past few months.

What are you most proud of?

- 1.
- 2.
- 3.
- 4.
- 5.

What new problems or challenges have presented themselves?

What can you stop/start/continuing doing to embed the learning, continue the positive habits, start afresh?



If you want some one to one coaching or help developing your leaders, team and culture, please get in touch or purchase the LeaderX book on Amazon or Kindle.

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