

3WH

# SELF LEADERSHIP COACHING JOURNAL





## Copyright © 2019

This website and its content is copyright of whatwhenwhyhow ltd © 2019. All rights reserved. Any redistribution or reproduction of part or all of the contents in any form is prohibited other than the following:

- you may print or download to a local hard disk extracts for your personal and non-commercial use only
- you may copy the content to individual third parties for their personal use, but only if you acknowledge the website as the source of the material
- You may not, except with our express written permission, distribute or commercially exploit the content. Nor may you transmit it or store it in any other website or other form of electronic retrieval system.

# Contents

---

**4 PERSONAL ASSESSMENT**  
quick pulse test to check your coaching starting point

**5 WHEEL OF LIFE**  
identify your development priorities and what success means to you

**8 GOAL SETTING**  
translate your priorities into short term goals

**10 BELIEFS AND MINDSET**  
understand your limiting and empowering beliefs and how to reframe them

**13 BEING AND DOING FOR SUCCESS**  
identify who you need to become and what you need to start doing to achieve your goals

**15 DAILY AND WEEKLY PLANNERS**  
templates to plan to work so you can work to the plan



# Hi there!

Coaching with 3WH is a step towards consciously leading the life you want.

We work with clients who are ready to step up, take control and lead with impact. We call them LeaderX. You might be:

- Ready to upskill your leadership & management skills
- Taking on the biggest role of your life so far and want to succeed.
- Uncertain about your next career move and seek clarity over strengths, skills and opportunities
- Are struggling to transition from management to leadership.

Following our 5 MYs methodology you will get clear on where you are now and where you want to be, who you need to be to succeed, and how to build the ultimate team to help you achieve your goals.

Finally, we help you define your legacy, the impact you want to have on the world around you.

Our clients are results driven and want to achieve by bringing their people along with them. They believe in teamwork, collaboration and purpose.

They want to be the leader they wish they had had and choose to lead consciously and to go home feeling accomplished and like they have made a difference.

## Lucy Barkas

Coaching the next generation of leaders. #LeaderX





# My Story

## HOW I CREATED HIGH PERFORMING TEAMS BY LEADING WITH PURPOSE AND AUTHENTICITY.

Even as a child, my happiest and most fulfilling memories involved people. Whether it was playing a sport, building a den or going on an adventure, it was the team that made the experience better. We collaborated, egged each other on, dreamed a little more and gave each other courage.

When I entered the workplace in the early noughties I found myself in teams where the boss did all of the talking, made all of the decisions and fear ruled. No-one enjoyed the environment and we were a team in name only. I was shrinking.

When I got my first management job I wanted to do it differently. I enrolled on coaching courses, studied authentic leadership, teamwork and emotional intelligence. I went against the grain and my results spoke for themselves.

My quest was to harness the power of teamwork, the diverse skills and perspectives, the creativity and peer pressure and support.

Now I coach others on how to do the same.



I made mistakes along the way. I had huge successes too. It was my own personal development journey that I discovered who I was, what I stood for and how I could create a successful life on my terms.

Following a successful career leading in the energy industry, I founded 3WH in 2014 to help other leaders to lead successful lives and businesses with purpose, clarity and integrity.

" I believe that everyone can achieve their full potential if only they have the right environment and someone who believes in them a little more than they believe in themselves.

"

# Assessment

Mark how you feel on a scale of 1 to 10, 10 meaning always, 1 meaning never.

01. I feel like I am living my most inspired life and wake up feeling excited by the day ahead and having confidence in my abilities

1 2 3 4 5 6 7 8 9 10

02. When I look at the people around me, I feel that we are aligned and support each other to succeed together.

1 2 3 4 5 6 7 8 9 10

03. I know who I am, my strengths, weaknesses and feel grounded by my sense of self

1 2 3 4 5 6 7 8 9 10

04. I go home energised and feeling as though I have been myself and that I am making a positive contribution

1 2 3 4 5 6 7 8 9 10

05. I take a stand for what matters to me and take responsibility for the impact I have on myself and others.

1 2 3 4 5 6 7 8 9 10

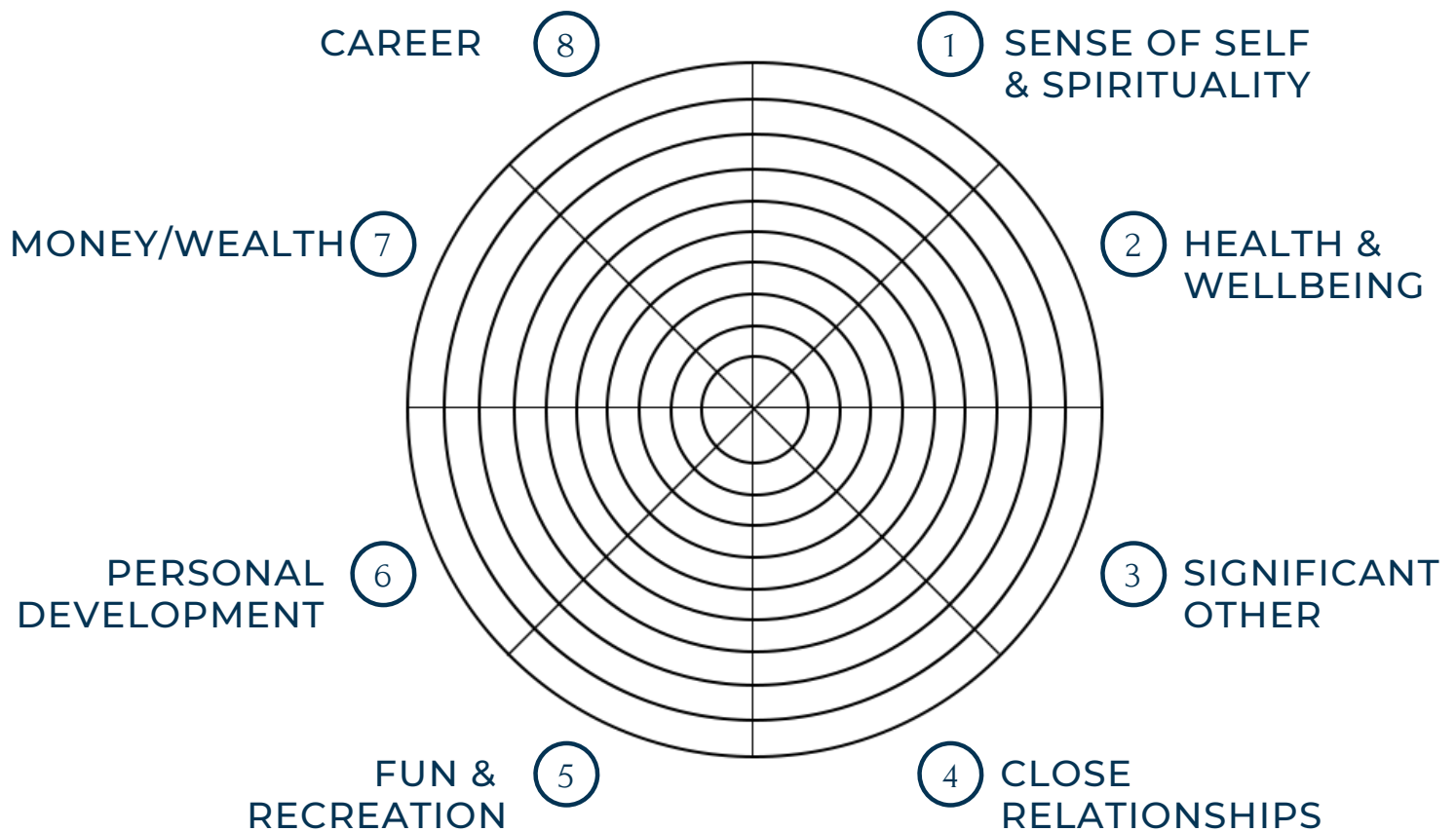
TOTAL: \_\_\_\_\_

## WHAT YOUR SCORE MEANS

- 5 TO 20** You might feel a sense of dis-ease, as though you can't be yourself, trapped or stuck. You are tired, stressed or frustrated, often feeling helpless or out of control. You want a change but aren't sure how.
- 21 TO 35** On a good day you are energised, motivated and full of confidence, but on other days you are full of self-doubt or frustration that impacts your work and home life. You want to return to that inner confidence you once had.
- 36 TO 50** You are clear about who you are. and what drives you. You own your successes and failures and always seek to be more and do more, surrounding yourself with like minded people who inspire you. You might get down, but you know how to pick yourself up and get help when you need it

# Wheel of Life (1 of 3)

---



The "Wheel of Life" of life is a snapshot of where you are now. For each segment mark 10 for the most fulfilled and 0 for totally unfulfilled.

Although we try to keep work/home life separate, we are whole beings and everything is interlinked.

Highlight or colour your wheel up to each segments score to see how balanced or wonky your wheel is right now.

See the supporting notes on the next page and write notes in part 3..

Life is rarely balanced for long. This tool helps you notice what needs attention first.

If your wheel is smooth you may feel balanced and choose to amplify some, or all areas.

If it's a wonky wheel, you might need to prioritise unfulfilled areas.

Through the coaching process, the wheel becomes your measure of balance, fulfilment and prioritisation.

# Wheel of life guidance

---

1. Sense of self & spirituality. Do you feel connected to yourself and your place in the world or universe? Do you live by your values? Do you feel connected to your faith or belief system? Is it serving you to live a wholehearted life?
2. Health & Wellbeing. Do you have good mental, physical or emotional health? Are you energised and able to manage your thoughts, feelings and actions? Are you stressed, or in conflict?
3. Do you have the relationship you want or deserve? Can you be yourself? Are you healing from past pain or lonely?
4. Close relationships. Do you have a group of supportive and like minded people to call friends and family? Do you see them as much as you'd like? Is it quality time?
5. Fun & Recreation. What activities do you love? How much time do you spend doing them? How much do you laugh and just enjoy being present?
6. Personal Development. Do you invest time and energy in learning and developing yourself? Do you read, watch, learn and open your mind?
7. Money & wealth? Do you have financial freedom? What number will give you freedom? Do you worry about money?
8. Career. How fulfilling is your work? How valued do you feel? Are you in a job, career or a calling? What did you dream of being and how close to that are you?

## ACTION ITEMS

- think first of your most amplified life - your 10/10 life in each segment.
- Bring it to life, vision.
- Now ask yourself where you are now on that journey without judgement, blame or defence. You are where you are.
- Now think about what steps you need to take to nudge up the dial.



# Wheel of Life (3 of 3)

---

1 - SELF & SPIRITUALITY

2 - HEALTH & WELLBEING

3 - SIGNIFICANT OTHER

4 - CLOSE RELATIONSHIPS

5 - FUN & RECREATION

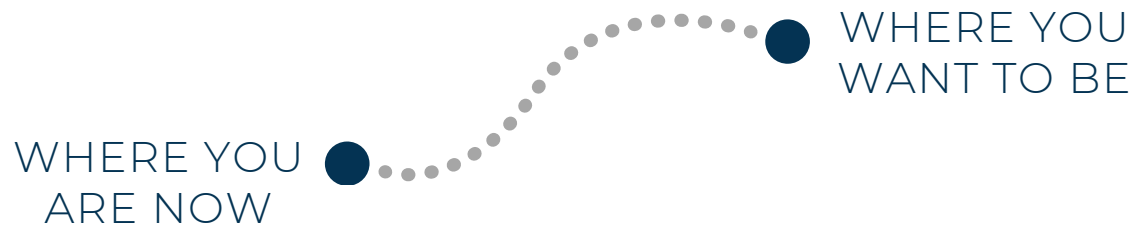
6 - PERSONAL  
DEVELOPMENT

7 - MONEY/WEALTH

8 - CAREER

# Goal Setting

---



01. What are your coaching priorities?

02. By nudging up the satisfaction in these areas, what will you be gaining?  
How will life be for you?

03. on a scale of 1-10, how committed are you to making this happen for yourself?

# 5-Day Prompts

break your goals down into daily prompts, reminders or actions.

**DAY 1:** what do you need to do today to get closer to your goal?

---

---

**DAY 2:** Who do you need to stop being to succeed?

---

---

**DAY 3:** What are you most grateful for today?

---

---

**DAY 4:** Remind yourself why you are doing this?

---

---

**DAY 5:** What one thing can you do today to complete this week successfully?

---

---

# Limiting Beliefs

---

consciously listen to your thoughts. How many could've, shouldn't and cant's do you say to yourself each day?

## WHAT THIS REALLY MEANS

we all have positive and negative self talk. The negative is there to keep us safe, it's based in fear and survival. When you are at your best you can banish those limiting beliefs and achieve so much more.

## HOW THIS IS HARMFUL

One bad thought can spiral into another causing self-doubt, low self-esteem and keep you stuck. Success builds success, so we need to re-programme your habitual self limiting beliefs into empowering ones.

## HOW TO DETECT IT

When you are asked to do something, get an idea or want to try something new, what automatic thoughts enter your head? Notice consciously and speak to them.

## HOW TO OVERCOME IT

Self-awareness is the first step. Then rationalise your thoughts. Are they true? Are they based on fact? How can you reframe them or dismiss them? If you were brave what would you do?

## NOTES



*Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness  
That most frightens us.  
We ask ourselves  
Who am I to be brilliant, gorgeous, talented, fabulous?  
Actually, who are you not to be?  
Your playing small  
Does not serve the world.  
There's nothing enlightened about shrinking  
So that other people won't feel insecure around you.*

MARIANNE  
WILLIAMSON

# Mindset Shifts

---

During coaching, we help you become aware of your thoughts, perspectives, values, beliefs and attitudes and you make choices from a positive and resonant place. Write some of your common negative mindsets and reframe them to empower and inspire you.



I can't do that so I won't try it



I can't do it now, so I will learn or have a go

I am not good enough or skilled enough



I am as good as anyone else, I just need to try



NOTES

# Being and Doing

---

To consciously make decisions, you must be aware of what you need to be and do, but equally what you need to stop being and stop doing.

Perhaps you are overly kind to you team members, friends or even children. You resist giving feedback and end up doing the work or tasks yourself.

First ask yourself - How is this benefiting me? What am I gaining (you must gain something otherwise you wouldn't do it)

Now ask - How is this cost me or harming me? What are the consequences of my action or inaction?

	BE	DO
START	Q1	Q2
STOP	Q3	Q4

Q1: Who do you need to be to make your future a reality?

Q2: What do you need to start doing to make this happen?

Q3: What do you need to stop being for this to change?

Q4: What do I need to stop doing?.

## NOTES

# Question & Answer

powerful coaching questions to help you make choices

## QUESTIONS

# ANSWERS

1. What do you want?

---

2. If you got it, what will you gain?

---

3. If you were really brave, what are the possibilities?

---

4. How do you feel about it?

---



---

5. Think of someone you admire - what advice would they give you?

---

6. What are the main obstacles to getting what you want?

---

7. What can you do, or who can you be to overcome these?

---

8. How will you know you have succeeded?

---

9. What's your game plan?

---

10. What action will you take?

---



# Action Plan

Now to make some clear goals around those priorities and don't forget to add a reward when you achieve each goal.

## GOAL 1:

Motivation:

Timeline:

Action

Steps:

Reward

## GOAL 2:

Motivation:

Timeline:

Action

Steps:

Reward

## GOAL 3:

Motivation:

Timeline:

Action

Steps:

Reward

# Weekly Planner

---

MON		WEEK OF	
TUE		TOP TASKS	
WED			
THU		NOTES	
FRI			
SAT			
SUN			

*"Plan your work and work your plan"*

# Daily Planner

/ /

TIME	ACTIVITY	PRIORITIES
		HOW DO I FEEL?

## NOTES

Jot down everything that needs to be done and notice what doesn't get done - did you over plan, under schedule your time, get distracted or procrastinate over a certain job? How can you do better?

# Lesson & Action Items

---

*"If you always do what you always did, you will always get what you always got." Einstein*

But what if you don't know why you keep doing what you keep doing? What if you aren't aware of what's driving you?

Self-coaching really works for some people, especially if they are self-aware and have done a lot of personal development already. If you haven't done the inner work, you might benefit from a coach.

Plenty of people set new years resolutions and then fail because they haven't really considered what is at stake, who they need to be and what they need to give up to succeed. With every choice comes a decision to change and that can be incredibly scary.

Through coaching, you find a guide, a sage, who wants the very best for you and will champion you, hold a mirror up to your brilliance, and your self limiting beliefs, and will hold you accountable for doing what you commit to.

If you are ready to design your life, your career and be a better leader, invest in yourself and get a coach.

# Coaching with 3WH

---



## PRIVATE 121 COACHING PACKAGE

6 hours remotely over phone or video call, 1 hour each fortnight. Working on your agenda.

[LEARN MORE](#)



## PROFESSIONAL COACHING

Your company instigates the coaching for the coachee for specific professional development purposes. 6 hour package.

[LEARN MORE](#)



## RELATIONSHIP OR TEAM COACHING

Resolving conflict, redesigning the relationship or behaviours and committing to action. Bespoke.

[LEARN MORE](#)