

Working Guidelines for *mylifeQs: 30-Days Self-Coaching*

Welcome to *mylifeQs: 30-Days Self-Coaching*!

Before starting, please read these recommendations which will help you benefit more from this programme.

For the next 60 days, you will have access to the 34 Self-Coaching questions.

Each question creates a picture of your life now as well as a contrast with how you *REALLY* would like it to be.

By the end, you will have clear ideas of the changes you need to make.

1. **Give yourself time and space to work on each question.**
You will not benefit by "finding 10 minutes" between items on your day's "to do" list.
2. **Deal with one question per day** - recommended.
You will need time to reflect. This is normal.
3. **Answer the questions in order!**
4. **Keep a diary.**
Always carry it with you and note any random thoughts.
5. You may be impatient and tempted to look for quick answers. STOP!
Reflection is a key part of the work. For the really important things in life, quick answers rarely exist.
6. Each question contains alternative solutions. Look for them.
7. **Be completely honest with yourself**, brutally honest.
If you are not, you are wasting your time.
This work is only for you...nobody else will read it!
8. While answering each question, be aware of how you feel: e.g. comfort/discomfort, physical changes, pleasure/sadness, vibrant/lethargic, etc.
9. Maybe you will hear a "chatting voice" trying to warn you against the "risks" of actually doing what you are thinking.
Don't fight it. Ask yourself where it is coming from (you may find the answer in questions 7, 8, 9).
Listen to your core - what you *REALLY* want.
10. While working through the programme, you may feel like revisiting some of the questions.
Feel free! Some of your answers might be different. Fine. Life changes!
11. The final 4 questions are a bridge to implementation.
It's up to you now to make real changes to your life.

Good luck and enjoy the programme.

Implementation

You feel confident continuing by yourself? Great! Enjoy it!

You still have open questions and would prefer personal support to implement changes?
Please feel free to contact us for a personal or phone appointment.