

3 heart-centered questions

To help you unlock what area of your life is ready for a little investment (which can be time, intention, vision, &/or financial).



1 Where in my life do I say I want xyz, but my actions and experience don't line up with what I say I want. (a coaching prompt that has unlocked so much for me)



2 Where in my life am I avoiding / putting something off / keep making excuses for / feel weighed down by? What if you stepped into the storm? I bet that's where some major magic is.



3 What in my life could I bring more ease, free up more time, and feel more joy each day?

3 examples

plus a tip or two



TIP: If you're not getting a clear answer and your mind is muddled with what the world says you should want, try asking your heart and your head the same question. Go with the answer your heart gives.

Example: I say I want Good Intentions Food to be a regenerative franchise food business that positively impacts the earth and the world. I've yet to form the LLC....



Example: As a coach with her own website it's been important for the last few years to have great pictures of myself, but this awkward introvert avoided it like the plague, likely holding myself, my reach, and my impact back. (hot off the press: stepped into this storm last week and got great pics back! Stay tuned for updates to my site)



Example: When I was a Director at Tory Sport for Tory Burch I had the most amazing team, but I never delegated (because I didn't want them to end up like me... overworking, spending too much time at the office, with her dreams for other parts of her life on hold). But when I asked myself the above question... I was holding them back and me.

This can also look like looking at your budget and getting a cleaning service for your house, someone to mow your lawn etc.