

Navigating Your Life: A Coaching Guide

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Your life is an exploration, a journey you navigate

This toolkit will help you navigate the exploration of your life.

Everyone has goals, challenges and hazards they are working towards and trying to overcome. Sometimes we need a little help! Use the exercises in this guide to help you gain clarity on your goals and discover what you need to do in order to bring your goals to fulfillment. Use the space below the prompts to record your answers, thoughts and reflections.

If you'd like help with this process, I'd love to have a focus call with you! Look on the last page of this guide for information on how to contact me.

What are your goals and aspirations?

This question helps you determine what you challenge or goal you are navigating.

Why are you making this journey?

This question helps you vision your values.

North: What are you moving toward?

This question helps you determine what will be different after you achieve your goals.

South: What are you moving away from?

This question helps you determine what needs to be different so you can achieve your goals.

East and West: What landmarks will you expect to see on this journey?

This question helps you discover signs of growth that indicate you are on the right path.

True North: What is the refinement of your goal?

This question lets you pause and determine if your goal needs to be refined further.

Declination: What degrees of change will you need to make to navigate successfully?

As a compass needs to be regularly adjusted for accuracy, what adjustments will you need to make to ensure you stay on the right path?

Terrain: What terrain will you expect to cover on this journey?

This question helps you anticipate what will happen along your journey, so you can plan for it.

Hazards: What hazards will present themselves?

This question helps you anticipate the hazards you will encounter, so you can be ready for them.

What is the easiest route you can take?

Keeping in mind the easiest route is not always the best route, what is the easiest pathway to your goal? What are some other “routes” to achieving your goal?

What equipment do you need for the journey?

What “equipment” would be helpful for you to achieve your goal?

**Would any companions be helpful along the way?
Would it be helpful to give one a “trip itinerary”?**

Consider which “traveling companions” would be helpful for you. What would be some ways they could help you achieve your goals?

Map: Assemble your plan

Now that you have your goals and the phases of your journey broken out, put everything together into a plan.

Conclusion: What happens after you reach your destination?

Congratulations! You have navigated your way to a fulfilling journey of setting goals and achieving them! Goals often rest upon values, and it is important to properly vision your values. When we don't achieve our goals, there is often an alignment problem between values, goals and outcomes.

Take some time to debrief this exercise. What went well for you? What work is left for you to do? Where do you feel most satisfied with your work? Where are you confused?

These are further coaching questions you might choose to proceed with.

Thank you for using this guide

Thank you for using this guide. I truly hope it helped you imagine your goals and make a plan to reach them!

Sometimes goal-setting and plan-making is hard. If you would like a guide to help you on this journey, I would love to be a conversation partner! Contact me to set up a focus call.

Contact me through the form on my website, jeremyhoovercoaching.com/contact.html, let me know that you've worked through my guide, and receive a free 30 minute focus call!