

# A Sample Virtual Coaching Exercise

Use this exercise to simulate the experience of a virtual coaching session. Start by identifying an area of your life where you'd like to make a change or transition. Which area would you like to change most? Health? Relationships? Money? Other?

## Now Answer These Questions To Make It Happen

**What will your life look like** in this area when you have reached your potential?

What is **your biggest fear or frustration** with this area right now?

What does **success look like specifically**, and how will you know you've reached it?

What have you **tried in the past that worked**?

Who could you **spend time with** that would influence you powerfully in this area?

What is the next step you will take that would **almost guarantee success**?

**When** will you do it?

**Extra Credit: Add Accountability.** If you want to increase the chances of success, add accountability or coaching, to get leverage on yourself and make it so that you **must** do what it takes to reach the outcome that you really want for yourself.

**NOW, imagine if you had someone walking you through this process** every time you needed to make a transition in your life, or go to the next level. Imagine if you were doing this process to **help other people** when they needed support through a transition. Imagine how good it would feel, and how good you could become at it. Try this model with others, with friends, or with a partner, and watch how well it works to support them in a transition. In the Virtual Coach Training, you learn dozens of models, scripts, and techniques like this one to help lead and coach people to become their best selves.