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TieBerry Sweets and Strategies

THE COACHABILITY

**BEFORE YOU SET GOALS,
ASK THESE COACHING
QUESTIONS**

01\09

WHAT ENERGIZES YOU

KNOWING WHAT LIGHTS YOU
UP REVEALS YOUR
DIRECTION.

WHAT DRAINS YOU

AWARENESS OF ENERGY
LEAKS HELPS WITH
BOUNDARIES.

WHAT DO YOU TRULY WANT - WITHOUT PRESSURE

SEPARATE YOUR DESIRES
FROM EXPECTATIONS.

WHAT DOES SUCCESS FEEL LIKE – NOT JUST LOOK LIKE?

**EMOTIONS MATTER AS
MUCH AS RESULTS.**

WHAT VALUES DO YOU WANT TO HONOUR?

VALUES GUIDE ACTION
WITH MEANING.

WHAT'S ONE AREA OF YOUR LIFE THAT'S CALLING FOR CHANGE?

YOU DON'T NEED TO CHANGE
EVERYTHING. START WHERE
IT FEELS HONEST.

COACHING TIP

DON'T RUSH THIS MAP. SIT
WITH THE ANSWERS FOR
MORE PROFOUND
CLARITY.

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THIS CLARITY MAP

Save

FOR YOUR NEXT
GOAL - SETTING SESSION

09\09