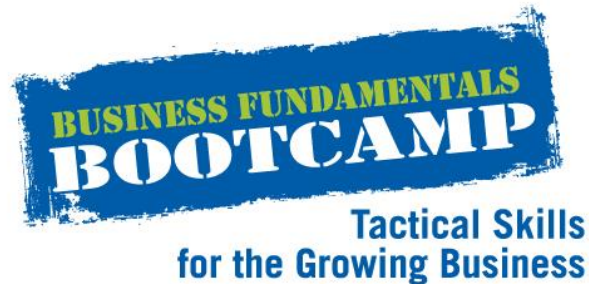
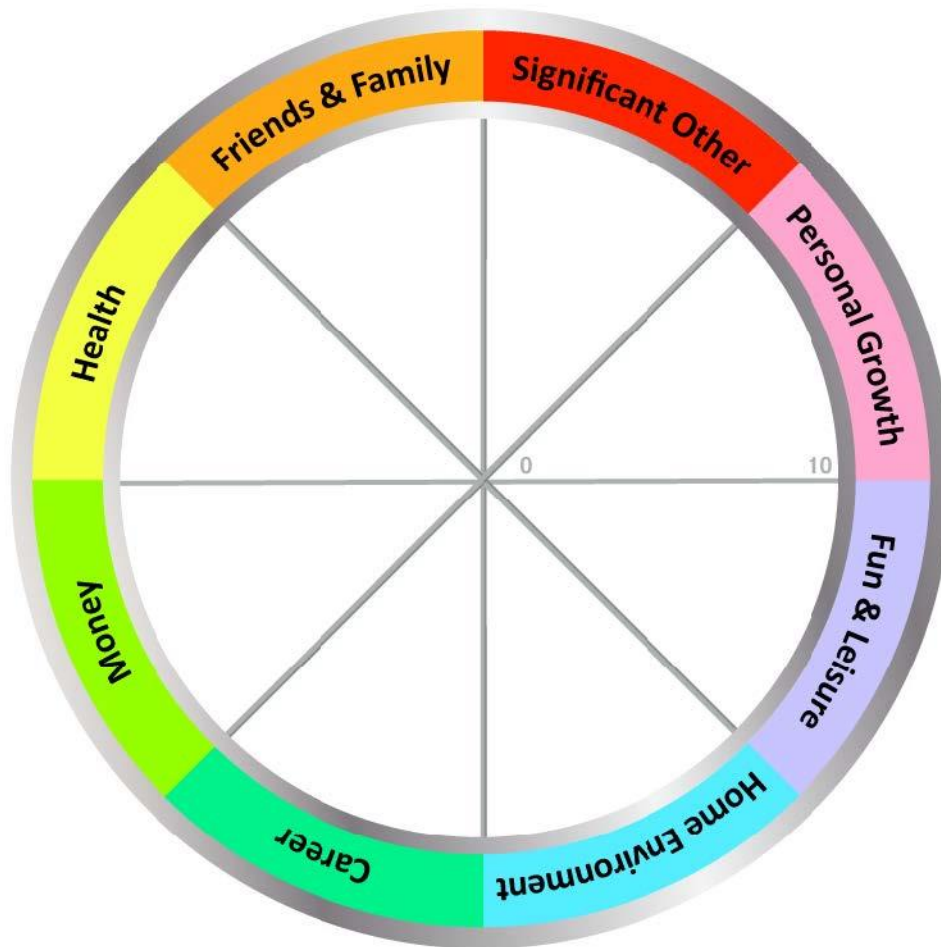


Producing Killer Results in Your Business (and in YOUR life)



Wheel of Life



Nicolé Cornis
CERTIFIED LIFE COACH

YOUR *comfort* ZONE

FEELINGS



BELIEFS

SURVIVAL
MECHANISM

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CERTIFIED LIFE COACH

Fears

Rejection

Failure

Disappointment

Scarcity

Shame

Loss

Success

Being Judged

Abandonment

The Unknown

Nicole Comis

CERTIFIED LIFE COACH

Limited Beliefs

I don't deserve _____!

I can only be _____ once I have
(accomplished/Proved) _____!

I'm not _____ enough!

good

Smart

Pretty

Talented

Worthy

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CERTIFIED LIFE COACH

Survival Mechanisms

Workaholic
Perfectionist
Caretaker
Overachiever
People pleaser

Survival Mechanisms

Bullying
Self-Sabotaging
Self-Deprecating
Numbing
Avoiding
Isolating
Blaming
Controlling

feelings

Happy

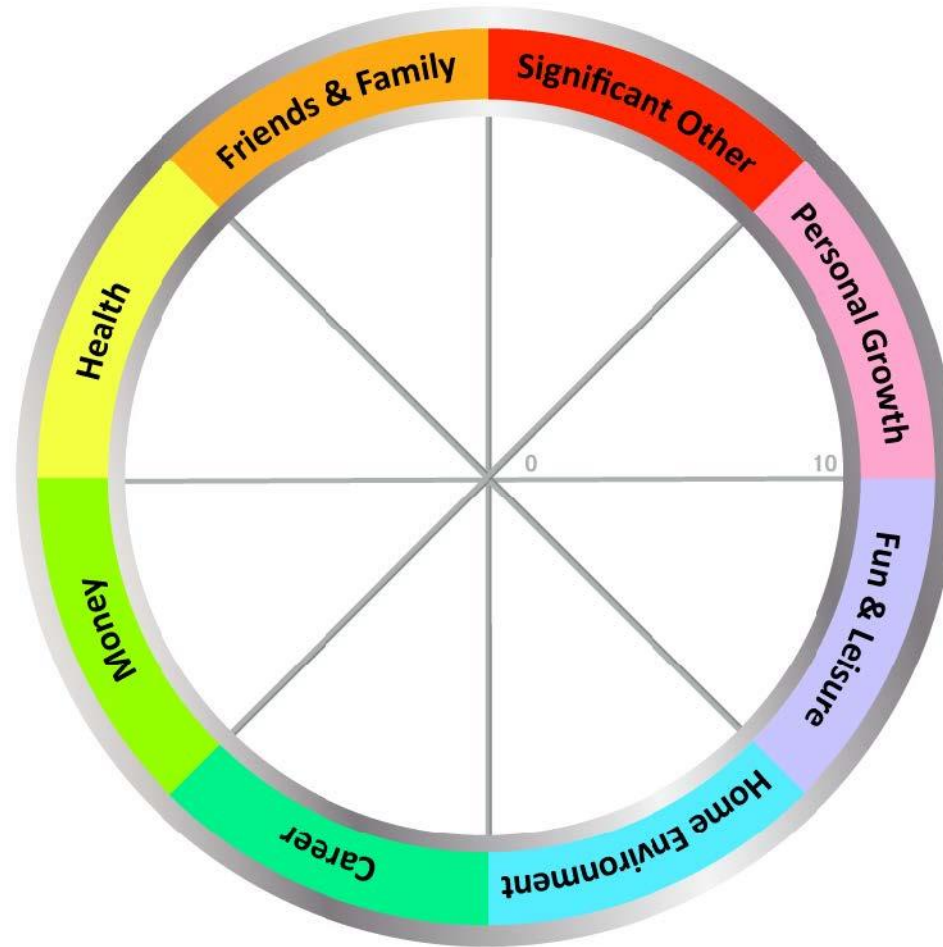
Sad

Anger

Fear

Shame

Wheel of Life



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THE 5 KEY STEPS TO ACHIEVING YOUR GOALS

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Vision

What is it you want to create?

What does it Look like?

What does it feel like?

Skills

What skills do you have that will help you achieve your objective?

What skills do you want to learn?

What skills do you want to delegate?

Resources

What resources do you have that will help you achieve your objective?

Who do you know that can help you? (Be specific)

Written Plan

Objective
Measure
Vision
Milestones
Actions

Incentives

Attach a small, medium or large reward to each milestone.

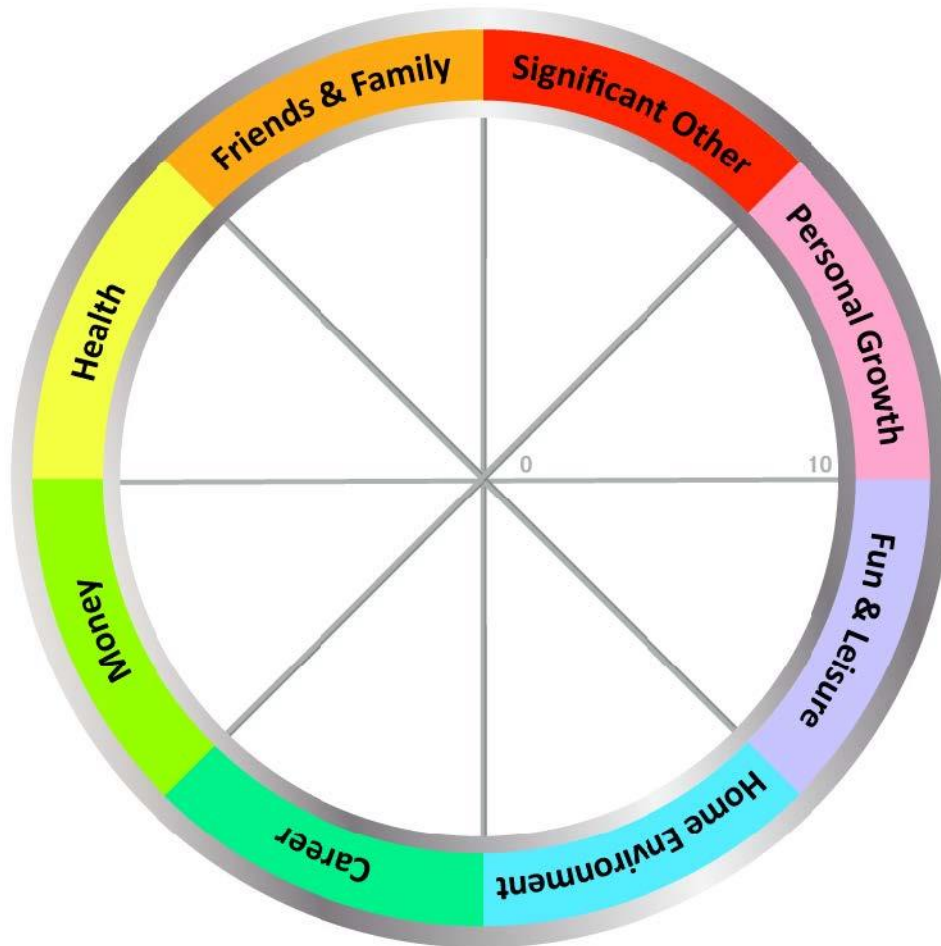
The bigger the milestone...the bigger the reward! 😊

THE 5 KEY STEPS TO ACHIEVING YOUR GOALS

VISION	SKILLS	RESOURCES	WRITTEN PLAN	INCENTIVES	= CHANGE
	SKILLS	RESOURCES	WRITTEN PLAN	INCENTIVES	= CONFUSION
VISION		RESOURCES	WRITTEN PLAN	INCENTIVES	= ANXIETY
VISION	SKILLS		WRITTEN PLAN	INCENTIVES	= FRUSTRATION
VISION	SKILLS	RESOURCES		INCENTIVES	= FALSE STARTS
VISION	SKILLS	RESOURCES	WRITTEN PLAN		= SLOW PROGRESS

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Challenge



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Offer

Expand your comfort Zone...
Schedule YOUR
Personalized
Vision Planning
Session
TODAY!!!

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ANY FINAL QUESTIONS?

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