

VCA Coaching Gym

Future Self Inquiry

1A/ WHAT do you want to DO when you grow up?
(invoke dream identity/ desired character)

1B/ WHO do you want to BE when you grow up?

Coach supports the client in noting the difference between:

- WHAT do you want to DO when you grow up? vs.
- WHO do you want to BE when you grow up?

(First one calls for a behavioral shift, second evokes identity level shift)

2/ Where & when are you ALREADY doing these things and being this way in your life?

Coach highlights that wherever you focus your attention, more of that reality always rises in response

3/ What can you do to be this way more often and in other areas of life?

4/ What's possible once you realize you're already capable of doing and being who you want to be?

Coach helps client brainstorm some new possibilities from this place of having vs. hoping...