

HOW DO I EXPRESS MYSELF?

Purpose of the process:

To create a thorough examination of who I think I am, compared to who I would like to be, who “really” lives inside me and who I express on the outside.

In order for us all to feel good, it's important for us to let you in on the big secret – we all live with a gap between who we are on the inside and who we express on the outside. Yet, how do we reduce the gap?

Randomly or openly select three cards or more and work according to the following order. >>>

A few tips for this process...

- You can focus the entire process on one life topic or area. How do others perceive me or how I am perceived through my work? Personal relationship? Parenting? How am I perceived within the context of freedom, the concept of sex etc.
- You can choose a number of cards for each question. Choosing a number of cards enhances clarity and avoids unnecessary concealment.
- Cards can be selected randomly or openly. The process can be experienced openly first and then randomly, it's interesting to see where it will take you.
- In question 2, you may choose to ask about a specific person. For example: how does my mother perceive me? My boss? My son? You can also leave it open and general. Remember this is the point of view of how you think others perceive you.
- You can add a 4th card representing what I took from this process. This card can help make issues more concrete. After the 4th card, we invite you to work with the coaching ticket.

1. How do I see/perceive myself?

2. How do others see/perceive me?

3. How would I like others to see/perceive me?

POINTS OF YOU

The Coaching Game

<http://www.thecoachinggame.com>