

1. What is the ideal?

2. What is the reality?

3. What's missing in order to bridge between the two?

Ideal and the Reality.....

Purpose of the process:

To reduce the gap between my ideal position and my position in reality.

Choose a topic from your life for which you would like to conduct an examination process (problem, choice, work/ life balance, stress, relationships and more).

Clearly write down the topic you chose on the coaching ticket and place it in the appropriate frame.

Randomly choose 3 cards and work according to the order of questions on the process chart.

We invite you to write your conclusion and what you plan to do as a result thereof on the back of the coaching ticket.

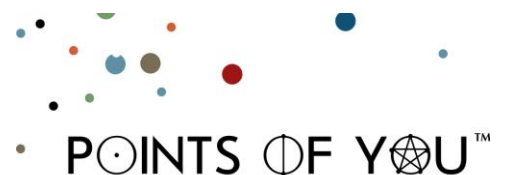
Once you're finished ...

Is the goal you chose still relevant for you?

- If your answer is **Yes** – Great!
Write down your main insight from the process on this chart and then write three actions expressing your insight that can help bring you closer to achieving your goal
We recommend the following 3 actions:

1. One for the next 24 hours:
2. The second for the upcoming week:
3. The third for the upcoming month:

- If your answer is **No** – Great!
Choose a new goal and start from the beginning ...



The Coaching Game
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