

Have a Go at Mindset Coaching and Finding Your Inner Spark

Find a quiet place, take a deep breath – centre yourself and let's start.

1. Think of a dream or ambition in your life that you think is impossible to achieve, but never tried. It could be related to work, your personal life or a relationship. Write it down

2. On a scale of 1 to 10, where are you now in terms of achieving that dream? 10 being totally ready to go for it right now.

3. What would a 10 look like? How would you feel if you could achieve a 10? Now think about what could be achieved if you actually reached your dream? What opportunities could it open up for you?

4. Think of the reality of the situation right now – what is getting in the way of you reaching a 10?

5. Now ask yourself – how could a shift in mindset get you closer to that 10?

6. What is one feasible step you could take to get you closer to your dream?

7. Now back to your scale of 1 to 10 – how motivated are you to make this happen?

Well done! You're one step closer to achieving your goal.

Positive Mindset Coaching is about helping you achieve that seemingly impossible dream by digging deep within yourself to crystallise what is really important to you, how to get there and conquer what's holding you back. Ready to ignite your inner spark? Send me your email or visit me, Desiree Tung at https://desireetung.godaddysites.com/



Desiree Tung is positive & growth mindset coach who brings over 18 years of leadership experience into her practice. Desiree helps high achievers ignite their inner spark to transform mindsets, burst with confidence and achieve thier goals and dreams. More than a 15 years ago, coaching sparked a change in her to be a better leader, find her soulmate and become her best self. Now, it's her life work to help high-achievers find what sparks joy in them so they lead the fulfilled, impactful and joyful lives they deserve.