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Self Awareness Exercises

Your skills as a coach and your ability to be present depend in large part on your state. Are you able to be in a know nothing state? Or does lack of confidence get the better of you? Do you have permission to feel emotions (any kind of emotion) and are you comfortable with the range of emotions your client might go through?

To get an idea of where you could improve on your own state as a coach, below are some exercises you can go through.

Self Esteem

This exercise comes from Tim Goodenough's book "The Gamechanger Protocol". It gives you an idea about how conditional or unconditional your love for yourself is.

	No	No, unless	Yes, if/when	Yes, unless	Yes
	0	2	5	8	10
I am ok					
I take full responsibility for what is mine					
I matter					
I belong					
I am enough					
I have what it takes					
I fully accept all of myself					
I am good enough					
I am a work in progress					
I am worthy of love and belonging					
Game Changer Score (out of 100):					

The Know Nothing State

When I am coaching:	0-10 out of 10
I am aware when I am using my own map of the world	
I can suspend my own map of the world	

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I stay present ____ % of the time

Situations where I lose my being fully present:

Judgments (self or other) that get in the way in those situations:

My Emotions

Emotions that I have a troubling relationship with:

Love	Vulnerability	Joy	Sadness	Grief
Anger	Confusion	Excitement	Shame	Desire
Fear				

Level of permission for each emotion identified:

When my client feels any of these emotions, I will:

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My Concepts

Concepts that I have a troubling relationship with:

Leadership	Feedback	Mistakes	Failure	Responsibility
Success	Money	Unfairness	Victim	Powerlessness
Learning	Patience			

How this shows up in my coaching:

How it affects my coaching:

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My Meta-Programs

Internal referencing												External referencing
Reactive												Active
Long term												Short term
Global												Detail
Options												Procedures
Caring for self												Caring for others
Difference												Sameness
Relationship												Task
Towards												Away from
In Time												Through time

My Cognitive Distortions

Which of the following distortions do you recognize in yourself? In what contexts does this happen? Which one of these are affecting your coaching?

- ___ All-or-nothing thinking
- ___ Over-generalizing
- ___ Mental filter
- ___ Discounting the positive
- ___ Jumping to conclusions
- ___ Emotional reasoning
- ___ “Should” statements
- ___ Labeling
- ___ Personalization and blame
- ___ Catastrophizing
- ___ Fortune telling

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___Impossibility thinking

___Discounting

Building Relationships

<i>When I am coaching:</i>	<i>0-10 out of 10</i>
I feel responsible for my client's outcome	
If my client does not get their outcome, I have failed as a coach	
I feel comfortable taking the lead	
I can follow my client's energy	
I believe my client has all the resources he/she needs to reach the desired outcome	
I am comfortable giving feedback	
Situations where I may not feel comfortable giving feedback:	
When I receive feedback, I can expect to feel and respond:	
Situations where I have a harder time separating responsibility to / for:	

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Working In A System

<i>When I am coaching:</i>	<i>0-10 out of 10</i>
I can hold several different ideas in mind at the same time	
I can easily see connections	
I am good at detecting patterns	
I am good at remembering information	
I am good at visualizing	
I can go second position	

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Self reflection

- After going through these exercises, what are you now aware of?
- What would make the biggest difference in your coaching, if you were to change it?
- What can you now appreciate about your skills as a coach?