



Inge  
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Coaching

Business Success & Happiness



**LIVE YOUR  
BEST LIFE**

By Inge Dowden



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## **LIVE YOUR BEST LIFE!**

*4 steps to help you identify what it is you really want and what you would need to do to achieve it.*

### **Step 1:**

Look at the questions below and take some time to answer them honestly. Sometimes the first gut reaction is the best, other times it's good to mull it over for a little while and come up with an answer then. There are no right or wrong answers; just write down what you feel is true for you.

- 1. *When are/were you proud of yourself?***
- 2. *Which other profession would you like to do for a little while?***
- 3. *When do you forget the time?***
- 4. *What is the best advice you've ever been given?***
- 5. *When have you felt rich?***
- 6. *Which choice you made do you regret?***
- 7. *If you could have one magic wish, what would it be?***
- 8. *Which opportunity did you not take?***



9. ***What are you most looking forward to at the moment?***

10. ***What was an important turning point in your life?***

Once you have all the answers written down, you may be able to see a pattern emerging – a long forgotten dream may surface or a current “hot topic” might become even hotter.

## Step 2:

Pick the **3** questions that **most** say something about the life you would like to live and ask yourself a few more questions (only pick the ones you’ve chosen):

1. ***When are/were you proud of yourself?***

Do others know that too?

2. ***Which other profession would you like to do for a little while?***

Which aspects of that profession are also present in your current job?

What does this profession have that your current job hasn’t?

How could you emphasise those aspects in your current job?

3. ***When do you forget the time?***

Are you doing that enough?

What needs to happen for you to be able to forget the time?

4. ***What is the best advice you’ve ever been given?***

What did you do with it?

How could you apply that advice more in your daily life?



**5. *When have you felt rich?***

What is really important to you?

How could you pay more attention to that?

**6. *Which choice you made do you regret?***

What did you do to rectify this?

If you still wanted to achieve your goal, what could be the first step towards it?

**7. *If you could have one magic wish, what would it be?***

What effect would that have on your life?

What would the people around you notice first?

**8. *Which opportunity did you not take?***

What did it cost you?

What did it give you?

**9. *What are you most looking forward to at the moment?***

Would you like to do that more often?

How are you going to do that?

**10. *What was an important turning point in your life?***

What was your own role in that, and what the role of others?

What did you leave behind at that turning point?

## **Step 3:**

Ask yourself some further questions around the topic or area of life that has arisen:

- Is there something I want to or need to change in order to get what I want?



- What would be the consequences of that change (for myself and for others around me)?
- What is the first small step I could take towards achieving that change?
- What is the chance of me actually taking that step, on a scale of 1 to 10?
- What could stop me taking that step and how could I overcome that?
- When am I going to take that step?
- Who could help me?

## Step 4:

Make an action plan based on your final goal and the first step you can take towards it.

Then: get going!

## SUMMARY

Setting goals is the first step towards achieving them. If you know where you're going, you'll also know when you get there. It will allow you to stay focused and ensure that you take the necessary steps towards that goal. It may take years to achieve it, but with direction, focus and determination, you can do much more than you ever thought you could.

You can do all of this yourself! However, if you appreciate a helping hand, someone to motivate and encourage you, keep you focused and on track, then get a career coach. It has been proven that even with a few sessions you can accelerate your progress much faster than if you have to do it on your own, so if you value your dreams and goals and think that you are worth the investment, give me a call to arrange a completely FREE taster session.



## Business Success & Happiness

### A little bit about me:

I'm the Business Growth and Happiness Coach, specialising in leadership and staff motivation. I am passionate about everyone being happy and successful at work, be that as a business owner or an employee. Because when you are happy, you are more motivated, creative and action orientated, which in turn makes you more successful.

Apart from working with owners and employees of small businesses, I also offer career coaching for people who are fed up with their job, are facing redundancy or who simply want to change careers but don't know how to go about it. I use the DISC personality profiling system to help people understand themselves and others, become better communicators and avoid conflicts in the workplace.

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*"Because you deserve nothing less  
than happiness and success"*



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