

The Visioning Coaching Tool

Step #1: Journey Back

Take a deep breath and close your eyes. Envision a time when you were facing a difficult challenge or problem in your life or work.

Consider what happened before the challenge, during, and after.

Step #2: Before, During, After

Answer the following questions:

1. What was going on before the challenge?
2. What happened during the challenge?
3. What happened after the challenge?

Note: Feel free to write as much detail as you want.

Step #3: Strengths + Lessons Learned

Answer the following questions:

1. What are some of the positive character traits within yourself that came up to the surface as you were dealing with this challenge?
(eg: patience, kindness, discipline, cheerfulness, etc)
2. What were some of the unforeseen positive things that happened during or after this challenge?
(eg: you met someone amazing, you were offered a new opportunity, etc)
3. What are some of the lessons learned from this experience?
(eg: You have more courage than you give yourself credit for, it's important to get as much information as possible before making a big decision, etc)

Note: Feel free to write with as much detail as you want.