



**Self-Study
Coaching Program**





Choices and Possibilities

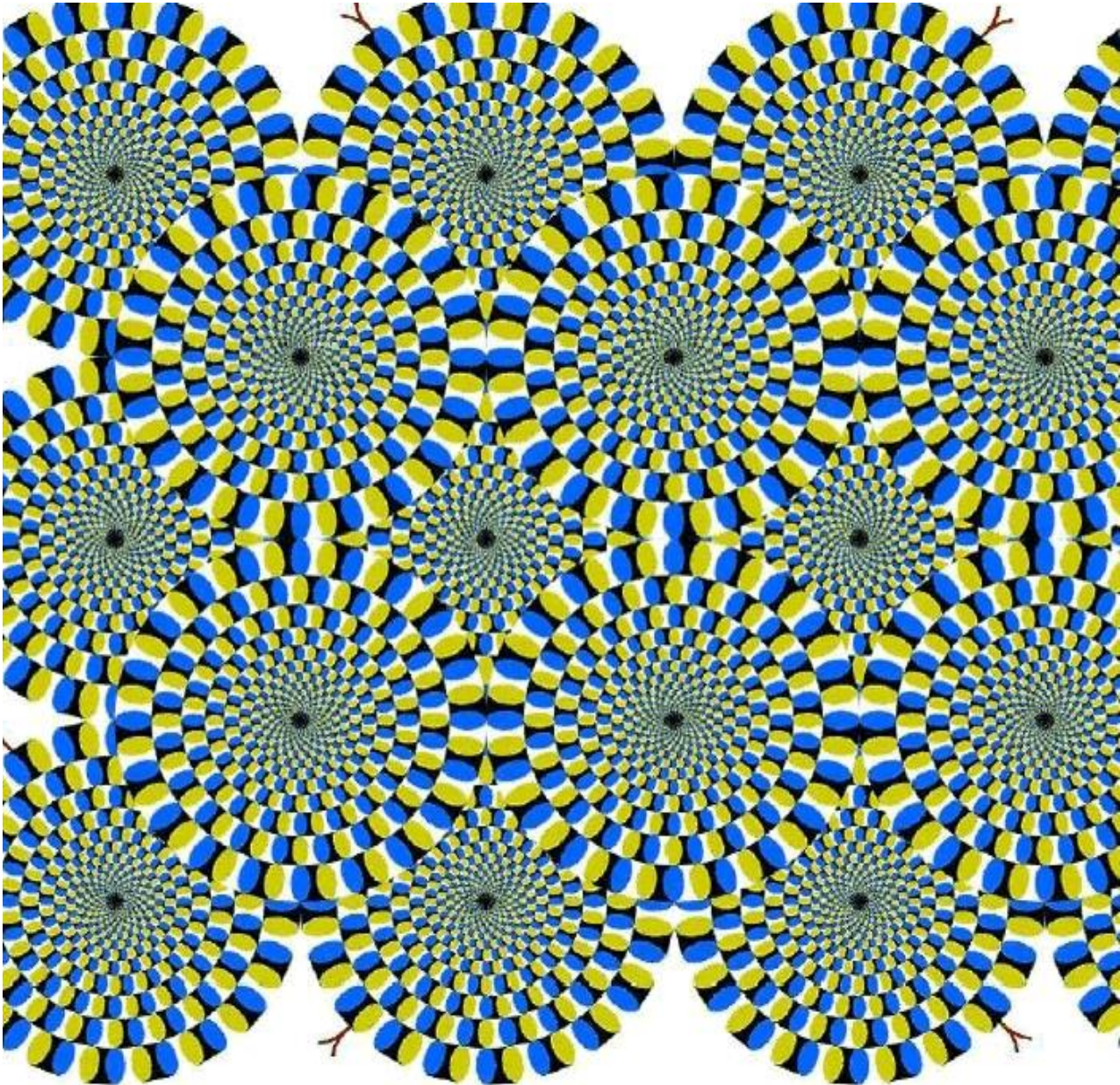
Discovering How Your Thoughts and Choices Colour Your Life

Self-Study Coaching Program



Activity Sheets

Worksheet #1 - Kaleidoscope Illusion

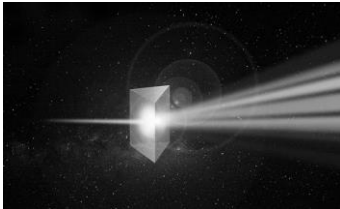


Important truth about the power of choice:



Worksheet # 2 – How You Spend Your Time

“I just don’t have any time to take that on.”



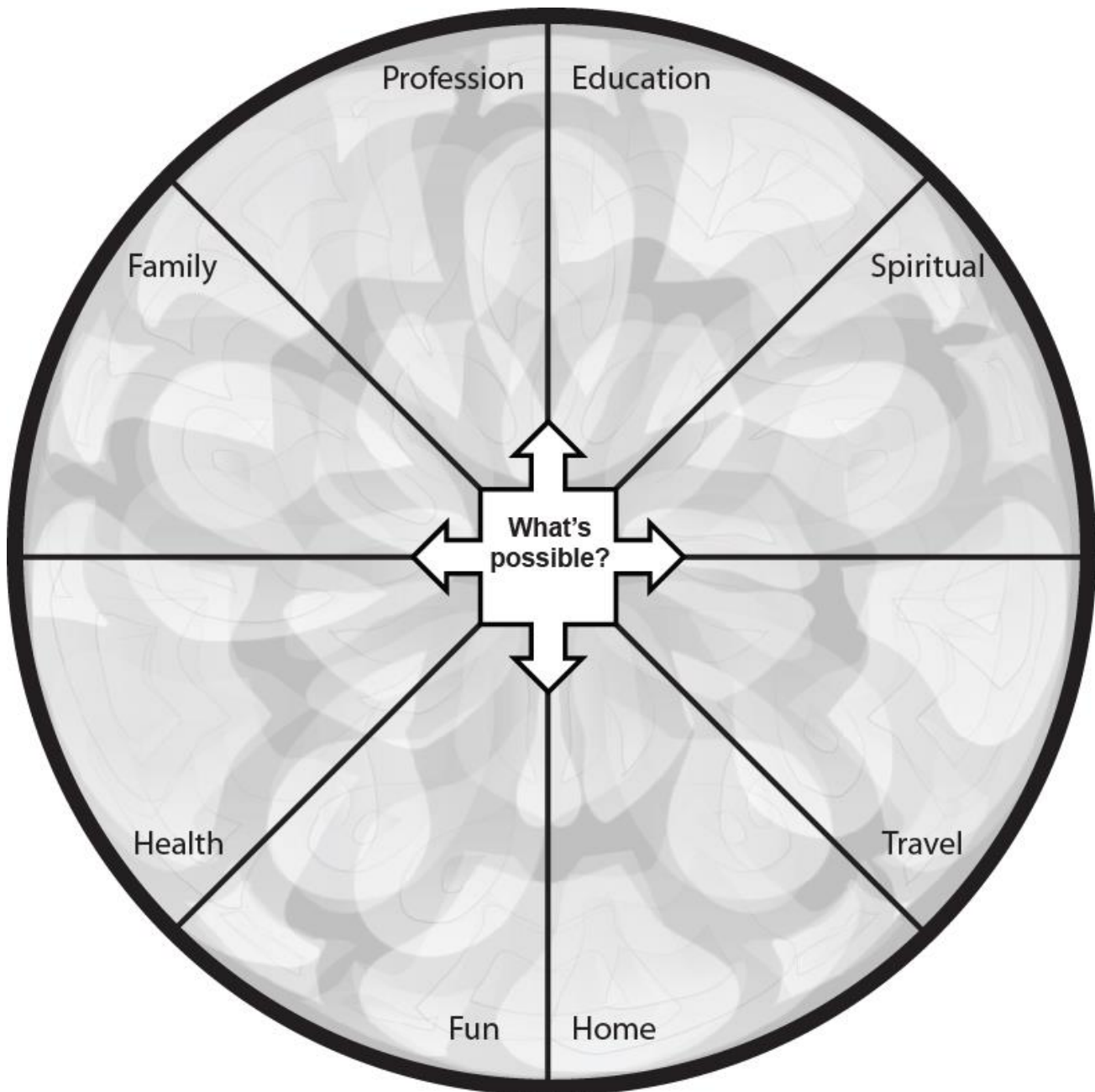
Instructions:

1. In left column, place the number of hours spent on each activity.
2. Indicate in center columns whether satisfied or dissatisfied with time spent on each activity.
3. In right column, re-assign preferred hours to spend on each activity.

Hours per Week	Activity	Dissatisfied	Satisfied	Activity	Preferred Hours per Week
	Job			Job	
	Commuting			Commuting	
	Making Meals			Making Meals	
	Exercise			Exercise	
	House Upkeep			House Upkeep	
	Social Events			Social Events	
	Hobbies			Hobbies	
	Shopping			Shopping	
	Yard work			Yard work	
	Watching TV			Watching TV	
	Relaxing			Relaxing	
	Sleeping			Sleeping	
	Other			Other	




Worksheet # 3 – Kaleidoscope Brainstorming





Worksheet # 4 – Positive Movie in Your Mind

 **Notes:**

Vision:

Choices:



Worksheet # 5 – How I am Feeling about Choice

1. List any areas in your life where it feels like you don't have a choice. This feeling of not having a choice could be around some aspect of work, in a relationship, in your free time, etc. Be specific.
 -
 -
 -
2. Use the kaleidoscope brainstorming technique to explore the choices that actually exist for you around this seemingly 'choice-less' area. Remember, all it takes is a slight turn of the kaleidoscope tube to then see something different.
 -
 -
 -
3. From the following list of emotions, choose the one word that best describes how you are feeling right now after exploring the concept of 'Choice' in this program. Be prepared to explain why you chose the emotion that you did.

Pressured	Energetic	Happy	Cheerful
Excited	Fascinated	Assertive	Calm
Optimistic	Apathetic	Flexible	Eager
Inspired	Vital	Desirous	Free
Settled	Alive	Challenged	Frustrated
Capable	Ambivalent	Contented	Hopeful
Powerful	Important	Anxious	Emotional
Stuck	Confused	Worried	Restless
Tense	Anchored	Refreshed	Determined



Additional Coaching Activities



Kaleidoscope of Choices - Self-Study Coaching Follow Up

“Life is change. Growth is optional. Choose wisely.”

The choices we make end up following us in life. By being more responsible for our choices, and being accountable for the decisions we have made, we can change our lives for the better. So what choices are you making for yourself this week?

Over the course of the next seven days, be aware of the choices you are making in life. Those choices can be around anything big or small. Log them below, and after one week revisit all the choice you made and make an honest assessment around whether your choices had a positive or negative impact on you. In other words, recognize the consequences each choice brought with it.

Day of the week	The choice I made	The consequence (good or bad) I experienced around that choice