



TEMPERATURE CHECK

What's working/going well
in your life?

What's NOT working/NOT going
well in your life?

What are you celebrating
or enjoying?

What problem or situation is
painful, confusing or
uncertain?

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Confidence Queen Coaching



Dream Sheet

"Dream it, then make it happen."

- If you had unlimited TIME, MONEY and ACCESS, what would you do?
- If you were told that you only had one year left to live, how would you spend your year?
- Do you have a "bucket list"? What is on it?
- Is there something that you were told that you couldn't do, but you really want to do it?
- At the end of your life, what do you want to have accomplished?

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THINK ABOUT YOUR THINKING

"Our thoughts control our lives..."

- What do you think about most during the day?
- What are some of the messages from your past, positive or negative, that still effect your daily thought?
- Imagine your mind is a closet. Jeans = happy thoughts, Shirts = scattered thoughts, Dresses = stressful thoughts, Sweaters = past thoughts. What would your closet look like?
- Is there something that you need to think about less often?
- What influences your thinking the most?

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TOP FIVE LIFE EXPERIENCES

"Whatever forms you, follows you..."

Instructions: Make a list of the top five experiences that have impacted your life the most. Make note about how those experiences have made you a better person, shaped your fears, given you strength or caused you to shift direction in life.

1.

2.

3.

4.

5.

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