

Process

- No judgement
- No advise
- No assumptions
- No projections
- No “why”

1. (Problem definition) What is **the one thing** you want to do in **twenty** minutes.
2. (Current state) On a scale 1 - 10, how are you now?
3. (Ideal case comparison - observable) How would you feel if miracle happened tomorrow and you are at 10
4. (Role model - positive or negative) Imagine if you were a person better than you - someone you look up to, competitor,..
5. (Advice from the person - what) what would that person advise you?
6. (Advice from the person - how) How would that person advise you to do that?
7. (Self-feedback) Take aways
8. Where are you now on a scale?