



Deepening Your Visioning and Strategizing Techniques Worksheet

Layering Natural Rhythms and Pacing into Your Strategizing:

Inner work:

1. What is your Natural Rhythm and Pace? (Consistent Do-er, Deep Thinker & Processor, Tipping Pointer, Sprinter, or another?)
2. On a scale of 1-10, how much do you regularly honor your Natural Rhythm and Pace?
3. What belief is in the way of you FULLY honoring your Natural Rhythm and Pace? (hint: it might have to do with something you are scared of, or something someone taught/modelled for you at a young age)
4. How would aligning your Action Plan/Strategy with your Natural Rhythm and Pace benefit you?
5. How can you tweak your Action Plan/Strategy to accommodate your Natural Rhythm?

Client work:

6. Make a list of all your Coaching Clients (if you aren't working with clients currently, you can choose 5-10 colleagues, family members, people you know).
7. Based on your understanding of each person: What is their Natural Rhythms? (Consistent Do-er, Deep Thinker & Processor, Tipping Pointer, Sprinter, or another?)

8. How is your client aware or unaware of their Natural Rhythm and Pacing?
9. What are the limiting beliefs or resistances your client may have around their particular Rhythm or Pacing?
10. What can be tweaked about their strategy to really support them and their Natural Rhythm?

Layering Values and Needs into Your Visioning:

1. Make a list of any Coaching Clients whose Visions you sense aren't aligned with their Values and Needs.
2. For each client: if you were to take a guess, what is the Value or Need that is missing from their Vision or Strategy?
3. Design a plan to Create Awareness around this & Explore for each client