



Valorie
BURTON

Get Unstuck. Be Unstoppable.

Take Valorie's New Year, New You Challenge!

5 Questions...5 Minutes...5 Days

I'm glad you're up for my New Year, New You Challenge! Rather than starting the new year with a long list of resolutions, start by taking five minutes for the next 5 days to get clarity about what you really want, and then create real solutions about what it will take for you to get there in the next 12 months.

When you ask the right questions, you get the right answers. Start this challenge by reading a brief excerpt from my book, *Your 5-Minute Personal Coach*. Then, for each of the following five days, ask yourself the powerful coaching question that I'll pose. Journal your answer using the lines on each page provided.

Consider asking a friend to join you on this challenge and talk through your answers. It's amazing what the power of talking through these issues can do.

Using reflection on what you've learned with the determination to make meaningful changes in the next 12 months, this is bound to be your best year yet!

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Coach Yourself!

Excerpt from Your 5-Minute Personal Coach by Valorie Burton

Go confidently in the direction of your dreams.

Live the life you have imagined.

HENRY DAVID THOREAU

Point to Ponder:

You can learn to coach yourself by taking moments to pause and ask simple, thought-provoking questions that move you in the right direction.

One of the reasons so many people can't find the answers they need for the challenges they face is that they ask themselves the wrong questions—or never bother to ask questions at all. As a professional life coach, my primary job is to ask the right questions. I ask the kinds of questions that shift your perspective or help you see the answer, even if the situation is complicated. One of the smartest things you can learn to do is coach yourself in the midst of a dilemma. Here are three simple steps to follow:

1. Get clear about the problem.

In order to get the answer you need, you need to understand the problem you're trying to solve. Often, the problem that needs to be addressed in this moment is not about the big picture. It's about a detail you have control over in the big picture. Let's say that fear is -overwhelming you because you've been laid off and need a job. You may not be able to snap your fingers and land that new job tomorrow, but you can identify a list of personal contacts to start reaching out to before tomorrow with a specific request, such as making an introduction to a decision-maker who can help you. Pinpoint the issue. Then address it with specific, focused action.

2. Ask action questions, probing questions, and expansive questions.

Probing questions help you delve deeper to uncover hidden fears that may be holding you back, such as, "What are you afraid will happen if you move forward?" Expansive questions help you think bigger and start envisioning your dreams: "What would it feel like to double your income in the next 12 months?" Action questions get you moving: "So what's the next step to move you toward that goal, and when will you take it?"

3. Tell the truth.

Lastly, but most importantly, you've got to tell the truth! Coaching is only as effective as you are truthful. Be honest about your fears and your desires, even (especially!) if they scare you. It's the only way to get to the authentic answers that will guide you on the right path—the one that is uniquely meant for you.

My Challenge to You:

Start coaching yourself.

Ask the right questions and you'll get the right answers.

Coach Yourself:

What dilemma are you currently facing? In what situation do you need an answer before you can move forward? What is the most important action question, probing question, and expansive question you need to ask yourself?

Day 1:

Question - What is the most important lesson you've learned in the last year and how will apply that lesson in 2013?

Before you head into a new year, reflect on the previous year and the wisdom you've gained that will make you stronger and better in the new year. It's not just your successes, but your failures that also teach powerful lessons.

Day 2:

Question - What do you want more than anything else and why does it matter so much to you?

Admitting what you want is powerful. Knowing why you want it is paramount. Your “why” gives meaning to your goal. If your “why” is strong enough, you’ll persevere through inevitable challenges on the journey to your goal.

Day 3:

Question - What obstacle do you most fear that will keep you from having your goal?

Fear is the most common challenge that keeps us stuck. Learn to muster the courage to move forward despite your fear, and success is sure to follow. When you expect fear, you can prepare in advance for how you will respond.

Day 4:

Question - Who and what would empower you to blast through that obstacle?

Accountability and support are paramount to your success. Don't go it alone. Rally the support of others.

Day 5:

Question - What is your plan of action and timeline for reaching your goal?

Coaching is never complete without an action plan and a deadline. Now is the time to commit your goals to action. Give yourself a doable timeline with action steps that are bite-sized so you can move forward consistently without feeling overwhelmed.



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Thank you for accepting my New Year, New You Challenge. I hope the past five days of questions have clarified your path to achieve important goals this year. I invite you to share your success or questions on my Facebook page or blog.

For further reading on how to overcome obstacles and achieve your goals, the following books will provide encouragement, which are available in bookstores and at: www.ValorieBurton.com

