



Carole Ann Rice

THE 7 QUESTIONS THAT GOT ME THE LIFE I WANTED

What a promise! This e-book contains seven life changing and powerful questions that will blow your hair back and get you the life you want – and more. Just one of these questions can catapult you into making serious, life enhancing decisions. Answer all seven questions and take the appropriate action and we guarantee you will be well on the way to creating all that you could ever dream of. This is powerful stuff. Make sure you're ready to make changes before turning the page.

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WHAT IS A LIFE COACH?

A life coach isn't a consultant who has all the answers, we make you do all the work and find your own! A life coach's currency is the questions we ask, rather than the answers we give. So we have put together, what we believe, are some of the most powerful questions we can ask that will catapult you into making the changes you need to create the life you want. These questions are aimed at asking you to look at the actions and changes you need to make on a daily basis to build the foundations for a good, healthy, happy, successful life.

Are you ready to get the life you always wanted?

Then turn the page....



1. WHAT IS THE THING YOU'RE MOST AFRAID TO SAY ABOUT YOUR LIFE AND WHAT ARE YOU GOING TO DO ABOUT IT?

When we constantly hide from the truth about a situation – whether it be about our relationship ('I don't love you anymore') or our career ('I can't do this anymore) or our weight (I'm 2 stone overweight and have been putting it on and off for the last 20 years) - we live with a hole at the bottom of our lives – one that drains every ounce of our energy, enthusiasm, and passion, no matter how much we eat the right foods or sleep the right amount of hours or drink our eight glasses of water. Coming out of denial might sound scary but in fact it's one of the most liberating things you can do – it takes you out of the fog, allows you to draw a line in the sand and start afresh.

Your answer to this question might shock you, might even depress you a little but it's a wonderful call to action. Many of us live in the fog of denial because we're scared of taking the action that will create change. What baby steps can you take that will help you create changes in non-scary way?

Create baby, baby steps until you feel safe enough to start to move forward – such as internet research or talking it through with your best friend. Build up your courage until you can start to take bigger baby steps that will tackle the problem head on – from booking an appointment to talk to your boss to arranging a date-night with your partner. Write down a list of 20 babysteps and take as many baby steps as you can today to build momentum and then one a day from then on. Be brave!

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2. WHAT DO YOU NEED TO DO DIFFERENTLY TO CREATE A RESERVE/MORE THAN ENOUGH IN 5 AREAS OF YOUR LIFE?

If you can't remember when you last took a holiday, are constantly worried about money and drink a bucketful of coffee a day to keep you going, then you've probably been running on 'just enough' for far too long. What would it feel like if you had more than enough – in five areas of your life and you had more than enough energy, love, money, time and space? What would it feel like if you had a reserve of all of the above? That you bounded out of bed every morning, were told all the time that you were loved, you had piles of money, time and space? Firstly, identify what is more than enough/a huge reserve and what is too much? What is too little? Now figure out 20 ways to change what you're currently doing in order to create that? E.g. Hire a cleaner, cut your expenses by 20%, spend more evenings in the bath rather than the bar, open a savings account, drink juice instead of coffee in the morning? Take the easiest and quickest things from the list and do it now. Then take one action a day and blitz that list.

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3. WHAT ARE THE TOP 20 THINGS OR WHO ARE THE PEOPLE DRAINING YOUR ENERGY AND WHAT DO YOU HAVE TO DO TO ELIMINATE THEM FROM YOUR LIFE FOREVER?

When we put up with stuff in our life – from clutter in our cupboards to vampiring friends who always talk about themselves but never ask about you – it can drain our energy. It's time to get tough. Make a list of 20 things in your life that you are tolerating – from the leaking tap in the kitchen to the killer commute. Now write a list of 20 actions that will eliminate that list forever. From putting all your bills on to direct debit to creating a business plan that allows you to work from home.

What am I tolerating?

What I have to change to eliminate these forever

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4. WHAT ARE THE TOP 20 THINGS OR WHO ARE THE PEOPLE THAT BOOST YOUR ENERGY AND WHAT DO YOU HAVE TO CHANGE TO HAVE MORE OF THEM IN YOUR LIFE EVERY DAY?

From the friends that light up our lives to spending time with your children to fresh flowers on your desk, what turns you on, what makes you feel fulfilled, happy and at one with the world and boosts your energy through the roof? Look back in the past week (or year, if you're struggling) and think of 10 golden moments - moments that gave you that warm, fuzzy glow.

Then identify what it is you value greatly in that moment. Is it a beautiful view or connecting deeply with a colleague or friend or simply having a bit of space and time for yourself? Once you've identified what boosts your energy on a daily basis, write down the changes that you'll have to implement to create a daily booster system e.g daily telephone 'dates' with your best friend, organising for a florist to send you flowers once a week, going part-time so you can have more time/spend time with your kids.

What boosts my energy

What I will have to change to create these in my life

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5. IF YOU WERE BRAVE, WHAT 20 THINGS MIGHT YOU DO DIFFERENTLY ON A DAILY BASIS?

Would you say no, where you usually say yes? Would you ask someone out? Would you tell someone what you really thought? Would you take a risk and start a new business? Would you say yes? Make that scary phone call? The people that are successful are not the ones that are more intelligent, more talented, richer or more beautiful than you – most of them are simply braver. Successful, happy, lucky people takes risks. Successful, happy, lucky people are brave every day. What 20 risks could you take on a daily basis that might open up a whole new world?

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6. WHAT WOULD YOU HAVE TO BELIEVE TO LEAD THE LIFE YOU ALWAYS WANTED AND LIST 20 WAYS YOU CAN START 'ACTING AS IF' YOU ARE?

Would you have to be more talented, more beautiful, would you have to believe that you were good enough to create the life you want? Ok, so pretend to be an actor and start acting. If you had to believe you were more confident, how can you start acting as if you're more confident? If you had to believe you're good enough, how can you start acting as if you're fabulous? Our beliefs about life and ourselves form and then come true for us when we find evidence to support them. By acting 'as if' we start creating evidence to prove this new belief about ourselves is right.

It can be scary as our old beliefs are still kicking around. But what we focus on expands. If you believe you've got no talent and you're going to fail, that's exactly what you are going to create. But if you start believing and then creating evidence to support your new belief, the momentum starts to build and your reality begins to change from the inside out. List 20 ways you can start 'acting as if' today.

What would you have to believe to lead the life you want.....
..... If I act as if I am
..... enough, I would:

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7. IT IS FIVE YEARS FROM NOW. A JOURNALIST FROM YOUR FAVOURITE MAGAZINE/NEWSPAPER IS COMING TO INTERVIEW YOU. WHAT DOES YOUR LIFE LOOK LIKE NOW?

Have fun with this and let your imagination flow. Where are you living now and what does your home look like? What do you look like when you come to the door? Gym honed, suntanned, happy, healthy, cashmere-clad? Write down a typical example of your working day. Do you work for yourself from home now, do you work just a few hours per day? Does your job mean international travel, that you employ people, that you have plenty of time with family and friends? How do you lead your life? Do you entertain regularly and often appear on TV? Do you invest in art, are you learning to paint, have you got a holiday home? Are you writing your second book, setting up a charity or investing in other people?

Explain to the journalist how you did all this, tell the story of your journey. And finally, the journalist asks what nuggets of advice would you give to somebody who is in your shoes today and write it down. This sentence will be your spur through life's ups and downs. Dream big and let this exercise be the blueprint of the life you want



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This e-book was presented to you by the Easy Life Posse Suzy Greaves and Carole Ann Rice. For one to one coaching or coaching programmes, do give us a ring or log on to our websites. Carole Ann Rice is a coach/writer and broadcaster who had found her metier in coaching the brave, the creative and anyone who feels they deserve more. She has written for many of the nationals and presented TV programmes and documentaries and lives in London with her husband and two children

Telephone 020 8566 2862 or log on to www.realcoachingco.com Suzy Greaves is one of the UK's leading life coaches, author of Making The Big Leap and MD of The Big Leap Coaching Company. Suzy specialises in coaching those who want to leave the rat race behind and go for the big leap - be it your own TV show or pig farming in France. Suzy is an ex health editor of OK! magazine and lives in the country with her big leaping musician husband and little leaping son.

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