



# **Nerd Potential**

## **Guide to Coaching Yourself**



# A Quick Introduction

Hello!

I'm impressed at your proactivity and drive to spend some time working on becoming your best self.

In order to have downloaded this you must be interested in how **my coaching process can help you get from where you are now to where you want to go.**

This exercise is supposed to take between 20 and 30 minutes.

It gives you an understanding of how the coaching process works, while also enabling you to help yourself **find your next steps forward.**



## Your Free Coaching Session

Once you've run through this empowering introduction to my coaching process, I do not doubt that you'll understand how effective it is. And that is only a prewritten set of questions!

Imagine how much more powerful the process is when the questions you're being asked are based on you and your specific situation!

Once you've come to that conclusion yourself, contact me at [www.nerdpotential.com/contact](http://www.nerdpotential.com/contact) to find out about my latest offers.

**Add #NerdPotentialFreeFirstSession in the message to receive the first coaching session for free!**

While I do run a business, I'm also a human being, and I understand that personal circumstances can vary significantly. My appreciation of the usefulness and power of the coaching process means that I do not believe that anybody should be priced out of achieving their full potential. So please get in contact with me to start an honest conversation.



# Getting Started

Here are some quick points to note:

*Positive and in the Future:* For coaching to be done correctly it must be positive and forward looking; I mean the goal or objective you set must not contain any 'not', 'quit' or 'stop' statements. Find a way of wording things positively. For example, instead of 'quit smoking' or 'lose weight' use positive phrasing such as 'be healthier'.

*Protecting everyone involved:* Please refer to the disclaimer on Page 21 before answering the questions.

*How this works:* Read each question and write down your response. If you find that a question is not relevant to you, move past it and continue with the following questions. The whole process should take between 20 and 30 minutes.

*Not your first time:* If this isn't the first time using this guide, before you do Part 1, go through the review questions on Page 20.

**Let's get to it!**



# 1: Your Future - Intro

This part is all about **understanding where you want to be** by first considering a future where everything is ideal.

It clarifies why you're going there and creates the motivation for making it happen!

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Albert  
Einstein

*Never give up on what you really want to do. The person with big dreams is more powerful than the one with all the facts*

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# 1: Your Future - Questions

1. What is the topic that you would like to focus on?
2. In this topic area, if everyone was ideal, what would be happening?  
(Describe it in as much detail as possible)
3. What would the benefits be?
4. When could you achieve it by?
5. What building blocks must be in place for your ideal future to become a reality?
6. Which of those building blocks is the priority?
7. Regarding that priority, if everything being ideal was 10 out of 10, what number out of 10 are you currently at?
8. What could you achieve in three to four weeks that would move you closer to 10 out of 10?
9. What would be the benefit of accomplishing that achievement?
10. How would you measure reaching that achievement?



# 1: Your Future - Summary

## *A Quick Review*

By answering those questions you've set yourself a goal or objective. For simplicities sake throughout this guide I'm going to use the term 'goal. If you don't like this term, find another that is more appropriate for you.

Before moving on, recheck your response to Question 8. That is going to be the goal you focus on in the rest of this guide. If you want to clarify or tidy up your response to question 8 into 1 short and clear sentence, please do so now.

## *How I Coach*

In a coaching session with me, we'd fully explore your goal to make sure it is clear in your mind. This embeds the motivation for action so long after the session is over the drive for progress remains.

I don't have any pre-conceived ideas or judgements about what you "should" want in your life, **I act as a catalyst for change.**



## 2: Your Now - Intro

This part of a coaching is all about gaining a better understanding of your current situation. **Exploring the means and resources available to you** as well as the barriers and challenges that you're faced with.

In conjunction with Part 1, Part 2 helps clarify the gap between where you are now and where you want to be. This will allow you to bridge that gap later in the session.

All the questions in Part 2 are in relation to the goal defined at the end of Part 1.

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Marie  
Curie

*Nothing in life is to be feared, it is only to be understood.  
Now is the time to understand more, so that we may fear  
less*

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## 2: Your Now - Questions

1. What is the current situation regarding your goal?
2. What barriers do you face?
3. What concerns do you have?
4. What do you get from not progressing towards your goal?
5. What has stopped you from doing more?
6. What resources are available to you?
7. What have you learnt from similar experiences that you've faced in the past?
8. What advice would your hero give you if they were in your situation?
9. What strengths can you draw on?
10. Who can help you?



## 2: Your Now - Summary

### *A Quick Review*

This part of a session ensures that you've roundly considered your current situation. You've taken stock of all the tools and resources at your disposal while also honestly considering the challenges that you will face.

### *How I Coach*

In a coaching session with me I'd ask questions based on your previous responses and our conversations. I do not follow a set of scripted questions.

**You gain much greater insights and learning when asked questions that are specific to you rather than pre-set questions.**

Throughout our coaching conversations you'll find that I don't provide advice or guidance, **I help you to learn and grow.**



## Time for a Little Reflection

Before going further, just take a quick moment to note down **the key insights that have come to you so far.**

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Leonardo  
da Vinci

*I love those who can smile in trouble, who can gather strength from distress, and grow brave from reflection*

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## 3: Many Options - Intro

Now that you've got a better understanding of the gap between where you are and where you want to go, now is the time to **let loose and think of all the different ways you could move towards your goal.**

At this point you're not committing to do these things, just jotting down ideas.

**This is a no holds barred, completely consequence free, weird, wild and wonderful ponder of potential paths forward.**

What you come up with doesn't have to be possible, it just has to take you closer to your goal. Even if it isn't feasible or practical, just openly thinking about it leads to new options that are feasible and practical.

**Open your mind to new possible paths forward.**



## 3: Many Options - Questions

1. What ideas have you already had for moving forwards?
2. What is tried and tested?
3. What would really motivate you?
4. What ways are you limiting yourself?
5. What advice would your biggest hero give you?
6. What would you do if you had unlimited time?
7. What is the craziest thing you could do?
8. What would you do if you couldn't fail?
9. What advice would you give a friend if they were working to achieve your goal?
10. What have you missed?



## 3: Many Options - Summary

### *A Quick Review*

This part of coaching is where you get to flex your creative muscles to identify ways forward that you hadn't fully appreciated before.

**It isn't about committing to each new idea, but to explore possibilities for progress.**

### *How I Coach*

In a coaching session with me I will draw upon the information already discussed in the session to inform what I ask. This ensures that the insights you identified earlier in a session benefit you as much as possible.

**I believe that you possess the potential to find your way forward and that you can generate the best solutions that fit your circumstances.**



## 4: Commitment - Intro

**Now it is time to make a commitment to yourself.**

What will you do?

Before you can make that decision, you'll have to revisit the options that you've come up with:

- First, to evaluate them; and
- Second, to break up the ones you want to take forwards as Actions that you can perform at a specific date and time.



## 4: Commitment - Questions

1. Which option(s) suit you best?
2. What will you commit to doing?

Now, for each of the options that you want to take forward as Actions, consider the following questions

3. What is involved in doing it?
4. What obstacles will you face?
5. Who else needs to be involved to make it happen?
6. What do you need to do to make it happen?
7. What can you plan to do now to make sure that it happens?
8. When will you do it? (WRITE DOWN A DATE AND A TIME!)
9. What are the benefits of doing it?
10. How committed do you feel about doing it?



## 4: Commitment - Summary

### *A Quick Review*

Here is where you commit to yourself, your own action plan.

You get to think of and plan for all the enablers that are required to make it happen, as well as the barriers that might get in your way.

**It is where you empower yourself to get to where you want to be.**

### *How I Coach*

**You always remain responsible for your situation and your solutions.**

I provide challenge to ensure that the options you're taking forwards are sufficiently broken down in to actionable steps, each with a date and a time against it.

You'll quickly learn to do this yourself, so you'll become increasingly self-reliant.



## 5: The Round Up

This last part is all about review and reflection.

After all the hard work and effort you've put in, these final questions enable you to highlight to yourself your own insights and learning.

1. Take a moment to read out loud your goal and the actions you've committed to taking, including when you'll do them
2. How has running through this process been useful?



# You're All Done!

There you have it.

Your do-it-yourself coaching guide that you can use whenever you've got an objective, aspiration or ideal that you want to work towards.

I greatly hope that you've found it useful and empowering!

**Remember that if you add the hashtag #NerdPotentialFreeFirstSession when you contact me, you'll receive the first coaching session for free!**



## 0: Opening Questions

If this isn't the first time you've used my guide to coach yourself then the questions below are a useful way of getting extra learning from what you've done so far.

Don't miss out on it!

1. What have you learnt from carrying out (or not carrying out) the previous actions that you set yourself?
2. What have you discovered about yourself?



## Disclaimer

This document is an example of a coaching conversation only. It should not be considered as a replacement for a trained coach, therapist, counsellor or health professional of any kind. The responses and actions made as a result of responding to the questions asked within this guide are wholly and entirely the responsibility of the individual carrying out those actions.

NerdPotential.com and any associated individual has no responsibility for any actions carried out by an individual following this guide. By responding to the questions in this guide, all individuals acknowledge and accept that they are responsible for any and all actions that they take.

If you have any questions or comments related to the information within this guide, I'd love to hear from you.

Feel free to visit my website [NerdPotential.com](http://NerdPotential.com) and get in contact.

**Remember that if you add the hashtag  
#NerdPotentialFreeFirstSession  
when you contact me, you'll receive the first  
coaching session for free!**