



# Knowing what you want and how to ask for it

Gain Insight and Facts  
To Gain the Alignment on a daily basis



## WORKSHOP OVERVIEW

# CREATE YOUR LIFE

### SUMMARY

Knowing what you want and how to ask for it. Can be hard and difficult. You may be feeling that people take it away from you. This workshop helps individuals to find out what you really want in your work life, professionally and private, what is most important in your life.

This workshop will show you, how you manage to life coach yourself every day to achieve the outcome you want. Knowing what you really want and how to ask for it, requires conquer, alignment and love from you. Through a list of templates, we work it through together, in the life coach forums you get to ask the questions that are holding you back.

With your life coach and members, you get meaningful feedback. Every week has a new assignment and insight that you need to work through. You discover how knowing what you want and how to ask for it, enrolls a new life with questions, like love, strength, ability, wealth, healthy all have different meanings to us.

### First steps

- Step 1:  
What you want in your work, professionally.
  - Fill out the form and start the process.
  
- Step 2:  
What you want in your private life.
  - Fill out the form and start the process.



## Second steps

- Step 1:  
Selecting – Select something you want from your list and write down how to ask for it.
- Step 2:  
Why asking is difficult Next consider why asking for this can be difficult and write down your reasons why you find it difficult to ask for.
- Step 3:  
Ask for it find ways to ask for it.
  - Ask directly for what you want and think about how often you do that and the respond you get.
  - Ask with an expectation of success, that you will get it, and think about how often you do that.
  - Ask with humor and think about how often you do that.
  - Ask for it again and think about how often you do that.
  - Ask as you desire.
- What will you ask for? (use the template)
- Who will you ask? (use the template)
- How will you ask for it? (use the template)

## OUTCOMES

This program includes experiential adventures to strengthen yourself, ask yourself when you conquer, align and love it – it's your passion.

When you do not conquer, align and love it – it stresses you out.

You can do the workshop on your own or you can join Coachingandlife to gain the support and constancy you. Week-by-Week we add more to knowing what you want and how to ask for it.

Your outcome will be a strong foundation of how-to life coach yourself and your way. Understanding how you keep your outcome in mind and keep fulfilling your way.

You must know what you want to ask for it.



- ☒ **Onboarding: Quick Onboarding with a life coach from CAL.**  
**Support to fill out templates and goal settings**
  - 1-0-1 Your discovery of your mind and understanding.
  - Forum to tell share and shape your way.
  - Finding out that you are not alone, finding people who like you are seeking the guidance and support. Helping each other
  
- ☒ **Catch up for Mission and Alignment**  
**Coaching –**
  - First set of knowing what you want and how to ask for it
  - Forums and ask and answers.
  - Forums you are never alone.
  - Weekly Webinar with words alignment
  - Why – Reaching your goals exponentially faster.
  
- ☒ **Commitment to Conquer align and love your Challenge and your accountability.**  
**Agreement between you and Coachingandlife.**
  - Your Commitment is a must
  - Your Consequence – what will change will change are you ready?
  - Your way forward – knowing what you want and how to ask for it.

## WORKSHOP INCLUDES

- Templates
- Start Strategy Session
- 1-0-1 Coaching
- Group Coaching
- Webinars
- Forums to Tell, share and Shape.
- Quick meetup on the road
- Day-by-Day support
- Kick-start progress
- Community



During the program you will redefine, re-fresh, yourself and you will define who you are and what you want to be.

You will discover your dreams and you will find new area of life that you never even dreamed of.

This is your chance to change it to what you want it to be.  
Join me and make it happen.

**Step 1:**

**What you need and want in your professional life and in your daily work.**


**Step 2:**

**What you need and want in your private life, family, friends, sports**




**Step 3:**  
**Give suggestions to how you are going to ask for it!**


**Step 4:**  
**Make your selections of what you want and need – prioritize.**






What will you ask for?


How will you ask?


Who will you ask?






What happens if you do not get it? How does this make you feel.  
Is this an outcome you know?


Think about what you have accomplished and how you got it. Write it down so you can see it  
Hear it  
Feel it.

Do it again 😊




In today's world.

Today we need to be self-confident and assertive are more important than ever before. In a world with constantly overload of information and competition, how do we get the attention we need to get our message through.

Even more important how do we keep our focus to what we want and how do we teach ourselves to ask for it in a good way without sounding angry, upset, hurt or blaming.

This workshop is here to support and help you all the way – by keeping focus on what do you want and how can you ask for it.

You can do the workshop alone – for free or together with Coachingandlife.

# Good luck –

Achieving in life is all about conquer, align, and love. Make your time count and go for what you really want in your life.