

thank you



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Life Coaches Toolbox is a collection of
160+ modern Life Coaching Processes to help you
reset your body, mind, heart or soul.

A big resource of NLP-based Life Coaching
strategies, processes, techniques, exercises, games,
question sets, scripts, rampages & affirmations
to help you overcome physical, mental, emotional
and spiritual challenges, Life Coaches Toolbox
is suitable for those who would like to do work
on their own, coaches, mentors, trainers and
managers who would like a ready-built Coaching
Toolkit and a go-to toolbox you can always
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WHAT WOULD YOU DO IF YOU WERE GUARANTEED TO SUCCEED?

If somebody came down today and gave you a guarantee that whatever you tried next would be successful, what would you want to do?

If you knew everyone would be okay with it, if you knew the money would appear, if you knew that regardless of the steps you took, they would be right and your venture would be a roaring success that would shape, define and last your entire life, what would you choose to do?

Look at each of the areas of suggestion here and think it over, daydream about what it's like to be successful in all the areas you want success.

If there are multiple items you would like to tackle, then you could comfortably turn this into a bucket list.

Another way to approach it is to write your eulogy and look at what you want to be remembered for – what's your legacy?

Once you've figured out what you want in your life and future, go and take a look at prices of everything you want, work out monthly payments, and work out what it will cost you to live the life of your dreams monthly.

You might be surprised to discover it costs significantly less than you thought – and is a lot closer than you think!

FAMILY

ROMANCE

Do you want to travel regularly?

Do you have a dream holiday you want to take?

Is there any part of the world you want to live?

Which major landmarks and attractions do you want to see?

TRAVEL

Is family important to you?

Do you want to live near family?

Do you want to care for anyone?

Do you want to have children?

CAREER

Do you want a major love story for your life?

Do you want to speak out about your sexual orientation?

Do you want to live in an unconventional relationship?

Do you want to avoid marriage until a certain age or altogether?



How wealthy do you want to be?

How much do you want to spend monthly on your lifestyle?

How much would you give to family and friends?

How much would you give to charity?

How do you want to come by the money?

MONEY

What is your dream job?

And if you could get paid to do anything you can think of?

Do you want to study?

Do you want to travel?

Do you want your own business?

Do you want to climb the corporate ladder?

Would you work for free or volunteer if you had unlimited resources?

How far do you want to take your education?

Do you want a formal qualification?

Do you want to learn another language?

Do you want to play a musical instrument?

Do you want to master a sport or skill?

STUDIES

Are you on a path to mastery or ascension?

What is your vision statement?

What is your soul purpose?

Do you want to work aligned to your purpose?

Do you wish to visit somewhere or perform a pilgrimage?

What worldly stuff do you want to leave behind?

Do you want multiple properties?

Do you want a yacht, boat, plane, jetski, island?

Do you want holiday homes?

What's your ideal home?

Your perfect car? How many?

Are jewels important to you?

ASSETS

Do you have unique aspirations?

Do you want gender reassignment?

Do you want to cure a disease?

Facilitate world peace?

Make the first alien contact?

Go to Mars?

Invent time travel?

Win a Nobel Prize?

OTHER

SPIRITUALITY



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
- Keeping Your Cool
- Manifestation
- Mental Exercises
- Physical Spaces
- Relationship Rehab
- Shifting Crises
- Shock & Trauma
- Meditations
- Mudras
- Writing Processes