



LIFE COACHING

CERTIFICATION
PROGRAMME

*4 Long Term
Projects Exercise*

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4 LONG TERM PROJECTS EXERCISE

Imagine that you're sitting with a trusted friend 12 months from now. You're looking back over the last 12 months, feeling fulfilled that you've worked hard, and that you've made something important happen!

There are no rules or guidelines for these four projects; you can work as hard as you want, you have nothing to lose ... and (potentially) everything to gain!

PROJECT 1: The Business Project

What new business project could you start today, that would enable you to begin generating new money for yourself?

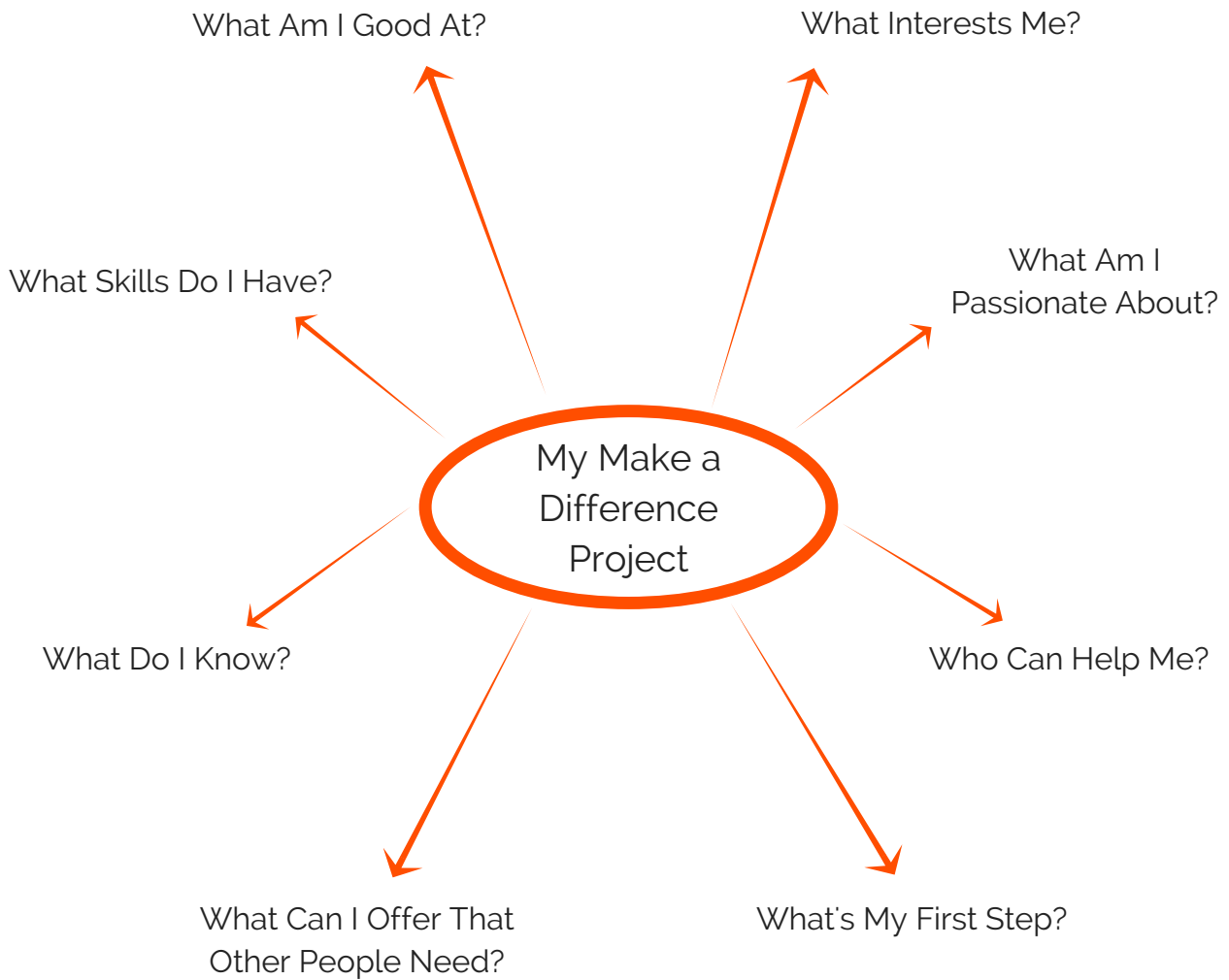
Your Ideas:



PROJECT 2: The 'Make A Difference' Project

Begin a new 'make a difference' project that will make a huge difference for someone, some people, something or somewhere that you are passionate about:

Your Ideas:



PROJECT 3: The Family Project

Initiate a new project that will either benefit your family, someone else's family, or a community of people that you are passionate about.

Your Ideas:



PROJECT 4: The 'Scary As Hell' Project

Write down some ideas of something that you'd like to do or achieve over the next 12 months which currently 'scares the hell' out of you.

Your Ideas:

