



3 SIMPLE STEPS THAT WILL IMPROVE YOUR LIFE TODAY!

A Practical Guide to Pulling Your Future Forward

BY CORY M. CARLSON

3 SIMPLE STEPS

I want to share three simple steps you can use to dramatically improve your life, starting today.

Step 1: Assess Your Starting Place

When we start a coaching engagement, we do a few exercises with our clients to assess where they currently are.

We ask questions like:

- What's working?
- What's not working?
- Where are you frustrated?
- What would you hope to change by the end of this coaching engagement?

These types of questions provide perspective for where the client is right now. In the same way you need to "turn on current location" before you can use your smartphone for map directions, these exercises help clients to identify where they are right now.

Like all of us have experienced from time to time, one particular client, Kyle, was in a funk when we started our coaching engagement. Yes, some things were going well, but as a whole he was not experiencing life to the full, which is why he reached out to us for coaching.

As we worked together, unpacking his answers to the above questions, Kyle realized he had been making personal sacrifices for the greater good of his family. Kyle is very creative, and painting has always been an outlet for him. But due to relocation to a different city for work, being an intentional dad to his daughter, and being a good husband, he had put his art on hold. What felt like a small sacrifice at the time actually became a significant contributor to his sense of dissatisfaction in life.

Step 2: Get Clarity on Your Dreams

Once we understand where we are, we need to assess where we want to go. A different set of questions can help here:

- What is the potential for your life?
- What if the sky's the limit?
- What do you want your future to look like in 1, 3, 5+ years ahead?

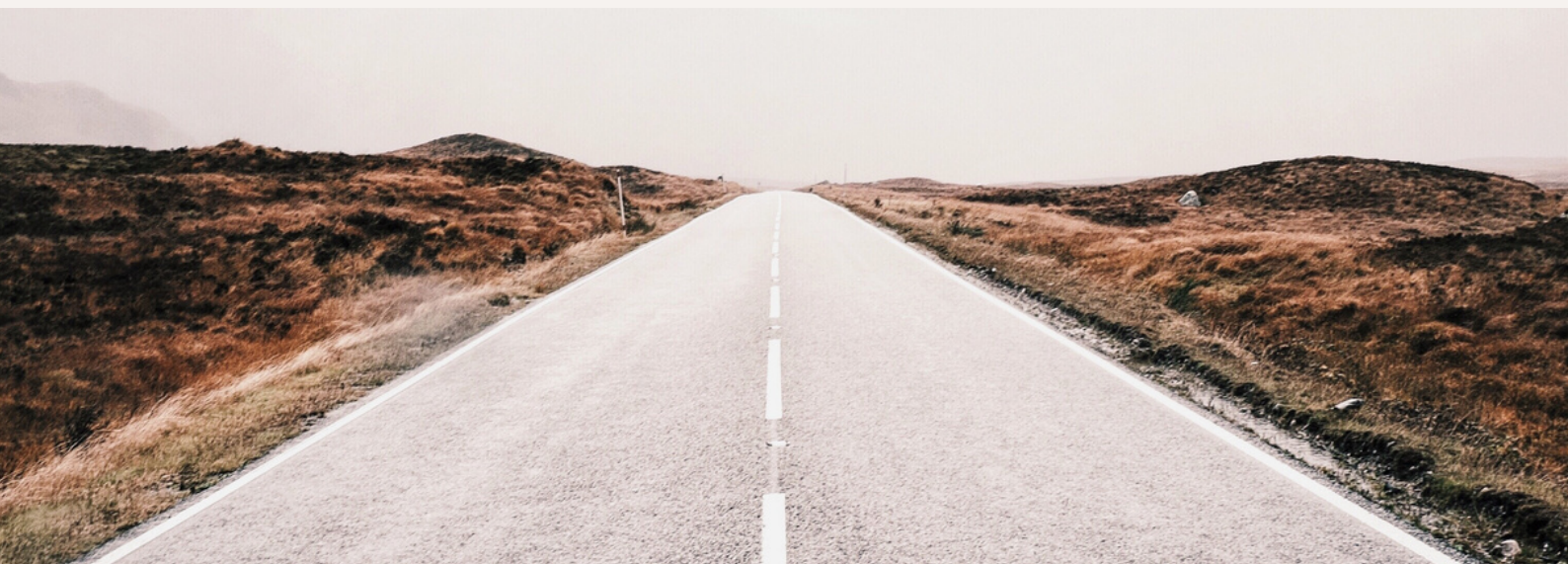
As Kyle worked on this exercise, one item he identified as important was having an art studio. Kyle realized how important art was to him. It was an outlet for creativity. A way to bless others. A way to bring glory to God for how he is uniquely and wonderfully made.

The next step in our coaching process is to start pulling our future forward.

All of us have hopes and dreams of what we want to do in the future. Some of these depend on things that are out of our control. For example, one of my own dreams is to be intentional with my grandkids. However, my kids need to grow up first, get married, and have kids!

But other items in our future are within our control. We want to start a company. We want to write a book or record a song. We want to mentor other men or women. We want to speak on a particular subject.

The problem is, we often have mental blocks that stop us from going after these dreams. Fears. Concerns. Nerves. What if it doesn't work? What if I don't like it?



Step 3: Identify Action Steps and Follow Through

Over the next few months, Kyle and I worked on many topics during our coaching, but one critical element was "pulling his future forward" and getting art back in his life. Each coaching call ended with an action step: get quotes on studios, evaluate finances, modify his schedule to allow for painting, and so on.

Well, he opened his art studio! The first piece of art he made is the one he gave me!! He titled it **4-in-Tandem** because he participated in a group coaching call with two other people, plus myself leading. Together we covered incredible ground during our calls, leading to growth and transformation in all.



4-in-Tandem by William Kyler Davis. Photo courtesy of Kiley Carlson.

PULLING YOUR FUTURE FORWARD

Let me close by encouraging you to reflect on three questions.



01 What's your starting place?

02 What's something in your ideal future that you can control?

03 What's one thing you can do today to begin the process?

W E L C O M E

Hi There!

I'm Cory Carlson.

I help leaders around the world develop happier and more fulfilling lives.

As an entrepreneur, former executive, husband, and father of three, I know the pressures working parents face. I'm passionate about helping business leaders win both at work and at home.

Contact me at **cory@corymcarlson.com** if you want to discuss how we can work together to pull your future forward. Or use the next page to schedule a free call.

Cory Carlson

ABOUT ME

Cory Carlson has a Civil Engineer degree from University of Missouri and an MBA from Rockhurst University.

He's the author of **Win at Home First**, also the name of his top-ranked leadership podcast.





WANNA LEARN MORE?



To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.

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