

[illegible]



Step 2: Reflection Questions

Take a moment to think about your scores above and explore your thoughts more deeply:

1. Which areas stand out to you the most and why?

2. Where do you feel the biggest gap between your current and desired state?

3. What do you want to be different 3 months from now?



✨ Step 3: Vision, Desires & Personal Insight ✨

Now, let's dream a little. These prompts invite you to connect with your inner compass — your desires, values, and how you'd love to be supported during our coaching journey.

1. Picture yourself as a 90-year-old person looking back at your life.

What would you have liked to have achieved so that you would consider your life fulfilling and with few regrets?

2. Do you have a secret passion that you wish you had done or could do? If so, what is it?

3. If fear, time, or money weren't holding you back, what would you be doing today?

4. What are 3 things you want to experience in your lifetime, no matter what?



Step 4 (Optional): Your Next Step

If this reflection stirred something in you and you're ready to create real change, coaching could be your next move.

I help ambitious, heart-centered people like you design a life that reflects what truly matters to them — with clarity, structure, and support. If you're curious to explore what that could look like:

 Book a free discovery call here: <https://lilianngima.com/coaching-services/>

 Or connect with me via email on: lilian@lilianngima.com

Final Thought

This is your one precious life. Use this reflection as a gentle nudge toward realignment — toward the version of you that feels most true and alive.