




Coaching Tools Clinic

with Emma-Louise

What Makes Your Heart Sing?

 **What Makes My Heart Sing?** YOUR COMPANY NAME/LOGO

This inquiry helps you get in touch with what truly gives you joy in life. It asks you, just for a moment, to imagine you're blissfully happy and feeling true joy - free and light of all cares and worry. You can't help but smile (within or without) and you feel relaxed and at peace with yourself and the world. You may even feel a glow from within and a spaciousness in your heart.

INSTRUCTIONS:

- Allow yourself 10-15 minutes of quiet time and write your answer in the spaces below.
- Don't analyze just write! If your answers seem overly-simple, it's a good sign.
- Feel free to add extra things to your list that come up in the days and weeks ahead.

HELPFUL NOTES:

- Think back to your childhood - what were you doing when you were most happy?
- Think about your 5 senses; sight, hearing, touch, feeling and taste - you could come up with one joy for each sense.
- Examples include watching children or dogs playing, hiking a mountain, cooking, watching the world go by out of your window, telling someone you love them, fresh sheets on the bed or something completely different. Whatever it is - the things you write down will be unique to you.

Now answer the question, "What are my Top 10 Joys in Life? What Makes my Heart Sing?"

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

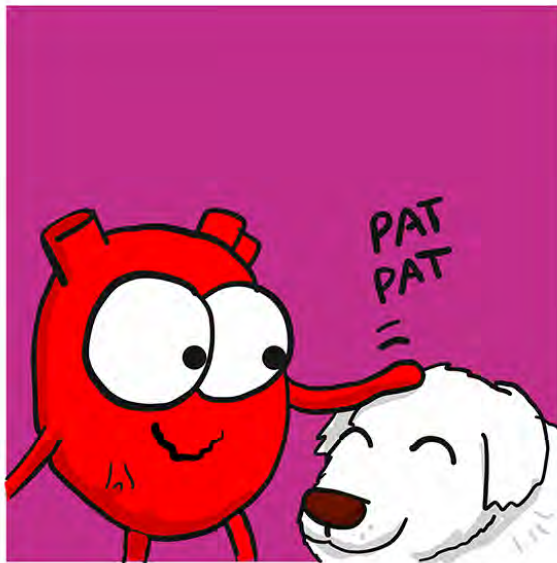
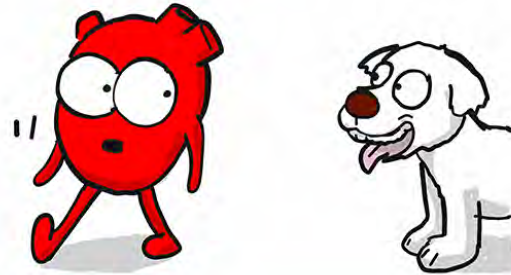
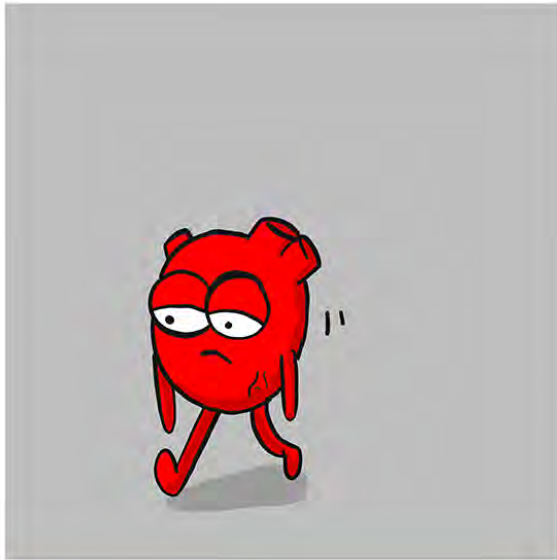
9. _____

10. _____

I wonder what you notice as you look at your list. What common themes, powerful messages or surprises can you see? How easy are they to do? Why do you think you don't do them more often?

Perhaps you are already thinking of ways you can bring some of these ideas into your life. To wrap-up, write below one specific action you will take to bring more joy into your life:

Email: you@yourwebsite.com Phone: your phone number Page 1 of 1 Your Company Name www.yourwebsite.com



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What Makes Your Heart Sing?

Coaching Exercise

What makes you feel light, carefree, happy or joyful?

Examples: watching children or dogs playing , hiking a mountain, walking barefoot in the grass, telling someone you love them, fresh sheets on the bed or something completely different...

Think back to your childhood...

Use Your 5 senses...

Simple is good!



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So, What Makes Your Heart Sing?

Animals
landscape
Nature
Water
skies
greenery
family/cosy life

singing / songs
connecting people
baby laugh
the muppets
joy of dog running
sunshine on a cloudy day
yoga/hiking

quality time with
children/grandchildren
seeing transformation in others
volunteer work
nature

good conversation
understanding people
being in nature
photography
writing novel
walking on the beach


large body of water
adult children
dancing
journaling
laundry

The Big Question:

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If the things that make our hearts sing are cheap, free or easy to do, why don't we make more time for them in our lives?



Make a List: What Makes *Your Heart Sing?*

What ONE Action will you take within the next week to bring more joyful "Heart Sing" moments into *your* life?

Thinking Caps!

- Who could you see yourself using this tool with?
- What other uses can you see for this tool?



Your Questions!

Ask Me Anything About
Coaching Tools & Resources



THE COACHING
TOOLS COMPANY.COM

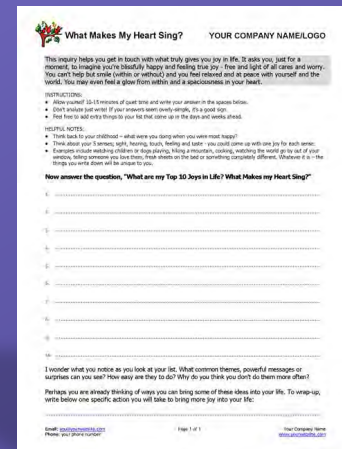
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Thank-You!

Tools Clinic SPECIAL

1. What Makes My Heart Sing Tool
Save \$5 with Coupon Code:
Heart5

2. Self-Discovery Toolkit
Save \$10 with Coupon Code:
Discover10



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