

Discovery Session

Please take some time to consider the following questions. They are meant to give you the opportunity to reflect, and to provide me with the chance to get to know you better. I would appreciate having you email your responses at least 24 hours ahead of our initial appointment.

Please write several paragraphs about yourself. You may want to include some of your life experiences that have contributed to who you are.

I went pretty in-depth everywhere else to cover this section... Filling this out over the past week morphed into me writing for my brain organization several times rather than thinking what I necessarily thought was important to share with you - or even stick to the question. Jumped around a lot and half answered questions and then came back to them, hope I made sense and wrote my whole train of thought in response to all of these!

What would you most like to explore during our first meeting?

Currently on my journey of finding what gives me fulfillment and the feeling I am living fully and true to myself, I am looking to stretch. To try things way outside my comfort zone for the entire year and then work to establish a more sustainable routine that suits me. During these next few months I want to work to see how I can best plan my year to stretch myself, experiencing a wide variety of things that will teach me about what I need while breaking down any limits I have set on myself.

Having a rough timeline for my year, I want to come up with a plan of how I am going to run my next three months and what I want to put in place for my trip. I have outlined a few things below to give a sense of my 2020 timeline.

January - Mid April Planning Stage

Mid April - Early December Trip (April 18 - December 08)

Mid December - End December Reflection, Evaluation, Deciding next steps

During the planning stage I need to decide how long I will be working at Planit (marketing agency I work at), an opportunity for me to create portfolio worthy work and learn from experienced designers while getting a steady paycheck and enjoying socializing with coworkers. Planit can also demand very long days that drain me, making it difficult for me to be on top of other tasks I want to do prior to my trip and take wind out of my sails when I am spending a great deal of time doing work that is not portfolio

worthy. Deciding to leave Planit early to give myself more time to prepare for my trip is a big part of me outlining my next three months to make the most of them. Right now I have a laundry list of things to do prior to my trip which include....

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| Get an international driver license | Travelers insurance | Health insurance plan |
| Vaccines/immunizations, other healthcare appts | Investigate travel/work visa needs | Learn to drive stick |
| Finish program payments/paperwork | Set up contract/agreement with FFC tours to photograph for them | Learn conversational French |
| Book flights for the first half of trip | Set up travel blog, connect with others I want to network with | Plan road trip around Spain |
| Purchase new wardrobe, select camera lens to invest in, other gear | Plan a vacation somewhere warm | Set up international phone plan |
| Sell my car | Pack up/move everything I am not taking with me | Plan a going away party |

The trip stage of my year is pretty well firmed up, only have a few weeks left to plan when I will be meeting up with friends/family. Post trip I am *trying* not to think about yet, but have definitely caught myself trying to plan. I want to leave my evaluation/reflection/next steps stage upon returning from this trip totally open, something to be decided by the person I am then, not me today.

Obviously this is not all pertinent to our discovery session call, but hope it is informative of what I am looking to get out of the next three months given the life changes I have set up for this year.

What do you want to know about me so that we can quickly establish a relationship grounded in integrity, trust, and openness?

What did you start to learn about your routines, mindset, actions that made you feel like you knew yourself better than others knew themselves? What made Certified Professional Co-Active Coaching Program the right fit for you when you were looking to for a program, and what before that made you look into coaching/developing others?

What are you most passionate about? How do you honor it?

I feel passionate about designing my life. About creating art and supporting myself with work that I do because it is fulfilling not a “job” that is a means to a paycheck. It is important to me to live fully, have stories of things I did, find a path that feels tailored to me and probably not traditional. I want to create, give, share, make the world a better with my choices and the impact I have on others.

I feel passionate about the environment. Over the last two years especially I have taken steps to reduce my consumption and create as little waste as possible that is not compostable or recyclable. This is something I know I want to drive my lifestyle. While I have made small routine changes to use less, my ideal long term lifestyle would be settling down somewhere that allows me to live off the land more than I buy individually wrapped goods.

I feel passionate about the privilege of choice. That everyone deserves the right to choose what is important to them, where they want to go, that their life doesn't have to be someone else's expectation. I also feel strong about taking responsibility for my life since I am privileged to have so much choice. I have been hearing a lot recently "I wish I could" or "I am so jealous" in response to describing my trip, and I always say "you too can buy a plane ticket!" That they are fortunate enough to be able to quit their current and figure out how to do something else if they choose, there are drawbacks involved too of course but choosing what to sacrifice and what to pursue is what it's all about. It's important to me to take ownership of what I am doing and that others do the same, that our choices are predominately what led us to where we are and up to us to both steer and propel our ship from here.

What did you love to do as a child?

I have always loved outside. Playing in the dirt. I remember picking leaves and making "food" with them by soaking, crushing and mixing plants. I favored this simplicity as a child over sports equipment, technology or other toys. My sport of choice from the age of 7 was horseback riding but after competing at the highest level I could afford as a high schooler I began preferring more and more to ride bareback. More connected to the horse, less uniformity and need to keep up with the latest and greatest brands and equipment. I see myself carrying these traits on, described in further detail in sections directed at the future I currently have in mind.

What gives you energy?

Making people happier- better- definitely brings me joy but I feed off sunshine. On my first/most recent solo road trip I took 10 days to drive up the Atlantic coast from MD to ME car camping. I rose with the sun, spent the day mostly in parks, and when the sun went down around 6pm and I had parked for the night with limited phone service and battery I figured I should listen to my book and drift off to sleep. It felt natural. My office doesn't have any windows visible and I feel drained having no connection to the weather. In winter when it is pitch dark out when I leave the office I feel even more removed from outside. A perfect morning, one that recharges me fully, is hiking 5 miles to see the sun

pop over the horizon. I have always thought my dream house would have a home office space I love to be in and feels connected to outside. Huge windows all around, so the inside of my house is affected by the sun, so the space breathes rather than blocks out the world beyond it.

What's missing in your life, the presence of which would make your life more fulfilling?

I feel like I have a lot of work to do on the relationships in my life. I don't feel like the friendships I have give me all I need- and am still adjusting to being independent after getting out of a two year relationship 6 months ago. I want to both work on being independent (not continuing to share myself with my ex which my 8 month trip will help with) but also being open and present with friends to further those bonds. I think broadening my friend circle will help me get some things my current friendships don't give me. The friends I have now I have known for the past 8-13 years, during which we have all grown a lot. Because if this I think I am seeking to make new friendships and that are more similar in the person I am today and going forward, rather than being bonded to the me that was 10 years ago. I also probably miss having a partner, getting to think about and plan the long term life things together, getting to design a home, set traditions, have someone to travel with, to have dinner with. I am optimistic that the busyness of this year will distract me from missing these things, and the challenge of it will empower me to not be as dependent, to love what I am doing so much I am not missing decorating a home with someone else.

If there were a secret passion in your life, something that is almost too exciting to actually do, or do more of, what would it be?

A secret passion... if I had one it would probably be a creative skill. Like being an advanced book binder. I think the something "too exciting to do" could be after my trip considering making travel a more permanent lifestyle. Something like glamorous van life where I support myself by making art and am able to travel often while maintaining meaningful relationships.

Where would you live if you could snap your fingers and have great a life there?

Somewhere warm, sunshine is a must. Somewhere lush. I have grown up surrounded by greenery and places with out dense vegetation feel barren and dead. Utah is beautiful but the land doesn't feel alive to me in the same way a forest does. It feels baked to death even if that is the healthy state of that ecosystem. I know I want to live in a house with character, tucked away from everything and connected to nature. A beautiful property for

me to host photography client sessions that is close enough to a developed area that can support my type of business. When friends express their interest in me coming back to Maryland to settle I feel a resistance as if it is wrong to settle here just because it's where I was born. Having family within a distance that feels reachable does sound desirable but I feel first the need to explore beyond my backyard.

What do you do/ how do you think when you're stressed out or frustrated or upset?

Sometimes I don't want to admit I'm frustrated. I don't want to be frustrated over that thing and try to decide not to be, tell myself "this doesn't serve me to carry this frustration, let it go". I don't think I let it go all the way, I am probably more likely to keep it in the back of my mind and add it to other points of frustration from that source. I don't feel like I carry a great deal of frustration, but am also in a time of moving forward rather than feeling stuck in my life.

What would you like me to know about you?

Feeling like I have already written a novel and shared all my things...

How will you know our coaching relationship is successful?

As you know I reached out not looking for coaching specifically, but am now open to any advice/assessment you can provide for the life-stage I am in and hope that I can provide you valuable work. Sending you a message initially my thought was "this is the type of self-propelled, creative, mindful chick I want to network with/be connected to". My hope is that I set myself up and developed a perspective that makes me feel like I made the most of this time. That I come out of this trip having done the prep work (including connecting to the right people) to get everything I can out of the time there.