

A life message is something that is so intrinsically part of who you are. You convey it automatically in how you live, what you do, how you do it and many other ways. Your life message tells the world something powerful. No one else can give the world your message like you do. It carries weight when you give it because it has your heart, your values, your experience, your internal transformation and your relationship with God behind it. It is **your** testimony of who God is and what He can do. Your life messages are entwined with your purpose. They are the places where you can bring hope, freedom and so much more to the world.

- **Soapbox**
 - What gets you mad/angry?
 - What is it that you see on the news that make you shout at the TV?
 - What is it that you find yourself unable to stop yourself in engaging and giving your point of view on?
 - What is it that you would love to speak to the Prime Minister about most if you had 15 minutes with her?
- Take them to a **Life Shaping Event** either positive or negative, focus on what internal transformation happened
 - How did that experience change you?
 - How did you encounter God at this time?
 - How did it contribute to who you are today?
 - What core beliefs did it develop in you?
 - How did it touch your heart?
 - What message do you now carry to the world about life?
 - If you were to put what you learned, discovered and how you were transformed into one sentence what would it be?
- **Past resonant experience – Via Encounter** – when they are there you can ask them:
 - Describe what you are doing
 - How do you feel?
 - Who are you in that moment?
 - What was the most resonant moment in that time?
 - What is the impact of what you are doing on those around you?
 - What would you want the world to know now you have remembered what life can be like in this moment?
- **Legacy** – where you get the coachee to think beyond their life time, what they want to leave behind
 - What is it that you want the world to know once you have gone
 - What are the key messages that you want those you love to know from the way you live your life.
 - If your legacy was that your legacy was that 5 people fully caught your passion and carried it on after you were gone, what you most want them to catch from you?
- **Guided Visualisations** – journey them through their imagination to access the gold they have within themselves – you can bring in the Godhead if you wish, eg;
 - Billboard visualisation
 - any other visualisation that seems appropriate in that moment.
- **Checking your life messages:**
 - Does it resonate with your heart?
 - Is there a theme – something you keep returning too.
 - Do you have unusual impact on others in this area
 - Are others are drawn to you for help and comfort here?
 - Is God part of the backstory of this message?