

# Fit 2 Flow

Ing. Mark van Breemen  
mark@fit2flow.nl  
NL +31 6 50 66 77 11  
SK +4219 04 86 30 00

***Sound when stretched is music***

***Movement when stretched is dance***

***Mind when stretched is meditation***

***Life when stretched is celebration***

***Sri Sri Ravi Shankar***

Congratulations that you have chosen to have yourself be coached by a professional coach!

All change in your life begins with making a decision. And from (t)here you will be confronted with obstacles that will test you. Do you really want to be your committed decision? I acknowledge you for taking this first and so important step..... let's celebrate!

I strongly believe that the concept I use as a structure for my coaching will contribute in coaching you to reach your goals. I will do all I can to coach you in creating your future.

And yes, sometimes you will hit your own limitations, face stuff you didn't know existed or you had been (un)consciously avoiding, and breaking through that resistance your growth will expand. WhoohaaH!

Quiet honestly I myself had an enormous resistance for people being extremely positive, or "believers" of a certain method. Not realizing I was holding on to my own opinion that got me stuck.

*"I just don't feel happy" or "Yeeah right" I thought sceptically...*

And yet.....

What if you had the power to choose how you are feeling? Then you'd also rather celebrate life? I congratulate you taking this first step and I invite you to fill out this form as a start up to your coaching sessions...

The purpose of this exercise is that it makes you reflect on the things you have already achieved in your life and moreover will help you access the goals you wish to achieve. This information will be used to create a powerful coaching cycle for you. Straight from the start, consciousness coaching will be using "awareness sheets" that will help you to be more empowered in your process.

To your success!



Ing. Mark van Breemen  
*Certified Consciousness Coach i.o.*

## CONTEXT TO START FROM

*Your ego is inclined to reject everything that itself has not come up with.*

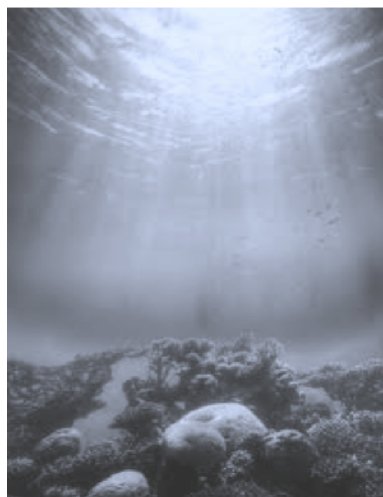
*The ego considers all knowledge obtained by training, by reading a book as alien and therefor will reject it, just as the body would reject a splinter. The ego will reject any object and even more thoroughly changes that it has not come with by itself. Even when you are very much motivated and enthusiastic, the ego will do anything to keep changes of the known out of your daily life. After a few weeks or months everything all the new is faded, no matter how strong your motivation.*

*What is needed for a more permanent transformation?*

*How can you cooperate with your ego in order to manifest the so wished and necessary changes? Permanent change starts by enhancing your awareness or consciousness.*

*'Consciousness' is the context in which your mind, emotions, feelings, patterns and the conditioning are operating your subconscious and direction of your life energy. To clarify: imagine a section of the ocean: the short superficial waves on the surface represent your mind, the middle part is as your subconscious and the almost unmoving layer of the ocean is comparable to your deepest being.*

*If the layer you are influencing in your life only moves the upper layer, do not be surprised when your life as well hardly shifts direction, however when you are capable of creating a shift in the deepest flow of your inner ocean it will far more likely transform all that you are.*



*Coaching driven by Consciousness (Consciousness Coaching®) will give you the insight to create more permanent change. The ego is a part of your thinking and feeling and most coaching methods only focus on this and do not realize nor intervene within the context of consciousness.*

*It is a complicated process understanding and getting consciousness. Consciousness Coaching® is providing a tool to work on this level. A deeper understanding is not a necessity, as long as you are able to create the action to create your desired future.*

*Consciousness Coaching® will not just deliver the material as knowledge, the awareness creation sheets used in each session are constructed in order to see how it works and from seeing integrating the knowledge into your being. In this way it gets more anchored into your actions and decisions.*

*Consciousness Coaching® is based onto ontology (the philosophy of "being"). This is a process that makes to water visible to the fish, opens the sky to the birds and the "being" for human beings.*

*Another approach is quantum physics, that has proves that the way we experience reality is defined by ourselves. So whatever I experience during the day is caused by the way I see and perceive reality with my mind, subconscious and conscious. Therefore we will get what we are expecting to see*

*"Why are the things I am trying to avoid always seem to cross my path" Maybe just because you have created them! Whatever you experience today is a delayed picture of what is happening within you, as for tomorrow and beyond...*

*You can determine your own future. The days where you are blaming your situation, your boss, your parents or partner are over. The put the blame outside yourself makes you the victim and deprives you of your own power to influence the situation.*

*The future is for those who are willing to awaken or become more conscious. For those who are willing to see their chances and that create them. A conscious being is incorruptible. He or she takes full responsibility for his or her decisions, acts consciously according to them and from there creates freedom. This means taking full responsibility and applying your full potential and intelligence.*

*Self-help-books will tell you how to direct your life, how to heal yourself or how to be successful. Create success or change is however dependant of your own capability to consciously direct your actions. This process starts with looking into your self and do the work there first.*

*You can create your own reality and that will surely open new possibilities. As your coach I will not tell you what to achieve, I will support your own process in reaching for what you decide to achieve. Clarity and passion for a goal will motivate you and keep your attention focused. The more you commit, the greater the chance you find your direction.*

*Stay focused and enjoy the ride!*

## PERSONAL INFORMATION

Name: .....

Last name: .....

Address: .....

ZIP Code, Place: .....

Telephone: .....

Cell phone: .....

Date of birth: .....

Relationship: .....

Children: .....

.....

.....

Profession: .....

Hobbies: .....

Do you have your own company?

.....

Do you work freelance?

.....

Are you thinking of starting your company?

.....

.....

# 1. YOUR HISTORY

Of what successes in your life are you the most proud so far?

1. ....  
.....
2. ....  
.....
3. ....  
.....

What was the greatest challenge you have had to overcome in your life?

.....  
.....

Have you ever before worked with a coach?

(for example: tennis coach, piano teacher, psychologist, therapist, ...)

Please give a summary:

.....  
.....  
.....

If you have answered YES, what worked for you in this coach – client relationship what did not work or was counterproductive?

++++ .....  
++++ .....  
----- .....  
----- .....

What shifts in your life have you experienced over the last 2 years?

(for example: new job, children, loss of loved one, moving, ....)

.....  
.....

Who are your role models, idols, or examples in life?

.....  
.....

## 2. YOUR LIFE

Who are the most important people in your life?

Suppose you could take 5 people (living or non living) to an island – who would you choose?

Who: .....	Represents:.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

**Example:**

Brother

Friendship, Fun

Fill out in the right column what these people contribute to your life?– What values/ attributes do they represent for you?

Is your life fully the result of your own choices?

If not so, what parts have you really chosen?

.....

.....

.....

.....

.....

.....

.....

What is your favourite part of a typical day in your life?

.....

.....

.....

.....

What is your least favourite part of a typical day in your life?

.....  
.....  
.....

When you take a look at the last 6 months in your life, are you then satisfied with where it is heading?

.....  
.....  
.....

On a scale from 1 to 10, how happy are you really?

**Unhappy**      **1**      **2**      **3**      **4**      **5**      **6**      **7**      **8**      **9**      **10**      **Bliss**

On a scale from 1 to 10, to what degree is your life stressed?

**Chill**              **1**      **2**      **3**      **4**      **5**      **6**      **7**      **8**      **9**      **10**      **Stressed out**

What are your major stressors?

.....  
.....

Name 5 things you tolerate in your life, yet feel like you are fighting against?  
(for example unfaithful friends, lacking information, noise, car, family, job, boss, neighbours, etc.)

1. ....  
.....
2. ....  
.....
3. ....  
.....
4. ....  
.....
5. ....  
.....



### 3. YOU

Name 5 pronouns that describe the best of you

1. ....
2. ....
3. ....
4. ....
5. ....

Name 5 pronouns that describe the worst of you

1. ....
2. ....
3. ....
4. ....
5. ....

What are the 3 things you fear most?

1. ....
2. ....
3. ....

What motivates you?

.....  
.....  
.....

What problems regularly keep 'appearing' in your life?

.....  
.....

What are you currently learning/ accepting about yourself in this moment?

.....  
.....

## 4. YOUR COACHING GOALS

What do you want me to do when you are behind on your goals and commitments?

.....  
.....

What is in indicator to you that the coaching has been worth the money, time and effort?

.....  
.....

What approach will discourage you and/or take away your motivation?

.....  
.....

Are home assignments something that is helping you?

.....  
.....

In the list below you will several ways in which clients like to work with me. Can you give a top 5 (in order of priority) on what you wish to achieve from our coaching sessions?

- Brainstorm together - go through strategies
- Support, encouragement, confirmation
- Insights I who you really are what is your potential
- Outline your vision of who to be or what to achieve
- Investigate and remove obstructions and obstacles on your way to success
- Responsibility, following up on your goals
- Mentoring
- Suggestions, Action-plan
- Strategically planning: deep questioning, challenging progress

## 5. POTENTIAL & POSSIBILITIES

Do you have a personal or professional vision? If so, please share:

.....  
.....

What do you wish to contribute to the world? What would be your greatest legacy?

.....  
.....

What in life you'd really wish to achieve, yet you think it is impossible?

.....  
.....

Is there a dream in life you have given up upon?

.....  
.....

On a scale from 1 to 10, how would you qualify your life?

**Unsatisfied    1    2    3    4    5    6    7    8    9    10    Perfect**

If you would reach the age of 95 and continue living and spending your time as you are doing now, is there anything you would regret? (If only I had .....)  
(don't mention things from your past since you cannot change the past, only mention the things you might regret when you would continue in the way you are living now....)

.....  
.....  
.....

***The secret of change consists in  
concentrating one's energy to create the  
new, and not to fight against the old"***  
***Dan Millman***

I thank you so much for the time you spend on yourself.  
Your coaching session will begin soon

Please send your answer to [mark@fit2flow.nl](mailto:mark@fit2flow.nl)

## MY COACHING GOALS:

After having filled out the questions above you will be able to define 5 coaching goals that you wish to accomplish:

1. ....

*And when I have reached this goal, how would this impact my life?*

.....

2. ....

*And when I have reached this goal, how would this impact my life?*

.....

3. ....

*And when I have reached this goal, how would this impact my life?*

.....

4. ....

*And when I have reached this goal, how would this impact my life?*

.....

5. ....

*And when I have reached this goal, how would this impact my life?*

.....

Expected amount of necessary coaching sessions: .....

If 1 x per week – ETA : .....

### Control:

20% out of comfort Zone:

IMT (Inspiring – Moving – Touching to get into action!)