

Exploration  
and  
Taking Action  
Worksheets



Ascension Alignment  
Coaching

## Tool sheets every day life

The following 3 worksheets are tools that I use to move towards my goals, and it's my pleasure to share everything I can to help you live your best life.

When we have a big goal, it's easy to feel overwhelmed with the enormity of it, and be fraught with feelings and fears. In fact, it can feel like we're hitting a wall, and yet, it's BECAUSE our soul is pushing us towards these goals that our fears get exposed... and that's TOTALLY ok! The tools we use help us move forwards and grow, allowing expansion and soul-alignment!

### Exploration worksheet

By exploring how we feel, we allow ourselves to hear the voice of our inner child, face our fears and connect to the subconscious blocks that stand in our way of living our best life. By facing them, we make space to move forwards.

I invite you to take as long as you need for each area of your life, project or life goal, and continue writing in your journal until you feel at peace, and inspired to take the practical steps to move forwards.

### SWOT analysis

A classic coaching tool, taking a SWOT analysis around any part of our life, or any goal or project we're dreaming of, can show us where we need to improve, as well as showing us where we're actually doing really well. This is something we all need to see - both the positive and the challenges, in any given situation, so we can see where we can improve or learn new skills to assist our personal growth.

### Taking Action worksheet

As obvious as it sounds, sometimes we need to make a recipe for our project to work!

You can use this worksheet as inspiration to write those tiny steps down that will lead to your dreams becoming reality!

*It's my pleasure to share with you with  
the same tools that I use to move  
towards my dreams.*

*If you need assistance, reach out at [carolinemaryandrews@hotmail.com](mailto:carolinemaryandrews@hotmail.com) and  
share with me your challenges or questions .*

**1 PRAY! Ask for help and inspiration.**

**2 What's the outcome? What is the BEST version of this? Go explore it... REALLY explore it.**

**3. What are the feelings that you'll receive when you achieve your goal? (for example, peace, freedom, satisfaction)**

**3 What are your feelings that work *against* this outcome?**

**4 What are your beliefs that work *against* this outcome?**

**5 What are the conflicts that work *against* this outcome?**

**6 Do you feel at peace and that it's possible?  
If YES, carry on, if NO, start again at step 3**

**7 What is the action step that makes it happen?**

*Continue on with **Taking Action** sheet*

## SWOT analysis sheet

Exploring our strengths, weaknesses, opportunities and threats for any area of your life can highlight places you'd like to improve, as well as show you the areas that you're already doing really well.

Take your time to explore these questions in any life area, and you might just surprise yourself at how skilled you really are!

### Strengths

What skills and strengths do you already have?

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### Weaknesses

Where can I improve?  
What can I learn?

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### Opportunities

What can I enjoy really easily?  
What doors are open already?

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### Threats

What might sabotage my success in this area?

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**1 PRAY! Ask for help and inspiration in knowing the small steps that will lead your forwards.**

**2 What's the outcome I'd like? What am I working towards?**

**3 How will it feel when I've achieved this?**

**4 What are 10 TINY stwps that will help me?**

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4:.....

5:.....

6:.....

7:.....

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9:.....

10:.....

*May you receive all your heart desires*

*Caroline Mary x*