

PRIVATE COACHING PRE-WORK

Uncover The Goal You Wish To Achieve

Sing without **limits**

KATTI
POWER



1. Why specifically did you decide that private coaching was the solution for you (as opposed to group coaching or going without support)?
2. Are there things in your performing that you wish were different than they have been in the past?
3. Do you feel you have limitations in your performing that keep you from achieving things you desire to achieve?

4. If you knew what to do or how to "fix" the struggles you have, would you do what needed to be done?

5. What kinds of behaviors or circumstances can hold you back from meeting goals or accomplishing tasks in other areas of your life?

6. If you had the ability to wave a magic wand over your performance abilities to get any result you wanted, what aspects would change, and what would the end result look like?

7. Is there any big dream or wish hiding in the back of your subconscious that has felt too big or impossible or scary to let out into the light?

Yes

No

8. What would happen if you let it out?

9. What would you do if someone told you it was possible to achieve it and had a plan to make it happen?

10. Are there any performance qualities you've wanted to foster or grow that you've never given the attention to let them grow?

FILL IN THE BLANKS BELOW:

11. On stage, I wish I...

12. In my singing, I want to be able to...

13. In my performing, I want to stop...

14. As a singer & performer, I believe I...

15. As a singer & performer, I don't believe I...

16. Sometimes our goals are so big they seem impossible and like we don't know where to begin. A lot of times, when this is the case, we do nothing. Is there a goal you have for yourself that feels too big or scary to be able to achieve it?

Yes

No

17. What is that big goal?

18. Is this a goal that could be broken into several smaller goals that would add up to the big goal?

19. If you were able to achieve a smaller piece of your goal, would you feel open to trying to achieve another small piece of the goal?

20. What challenges you when it comes to your performance work? In other words, what part of the process feels hard, what part of your belief system isn't on board with achieving your goal or doing the work, what part of technique feels difficult, where do you feel insecure in what you bring to the table, etc.?

21. Of all the things you've written that you'd like to see different, which 3 do you feel are the most important or urgent to do first?

22. What gets to be different in your life if you're able to improve in these 3 areas?

23. Of those 3, are you able to narrow it down to the one that is the most important or urgent to address right now?

24. How will you celebrate the success you experience from doing this work with me?

25. What questions do you have for me?

If you'd like to go deeper on this,
schedule a complimentary **POWER-Up**
Session with me:

www.getmypowerup.com



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