



BETWEEN CULTURES

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REINVENTION, YOUR FIRST STEPS

So are you curious about Reinvention? Here is my free GUIDE: Your first steps

You will reflect on:

1. How you perceive CHANGE
2. Your values and your personality
3. What are you ready to put in place tomorrow

1. HOW DO YOU PERCEIVE CHANGE?

Describe what Reinvention, Reinventing means to you.

Try not to overthink, and write down what are your thoughts, perceptions and also what you grew up thinking about it.



BETWEEN CULTURES

LIVING - WORKING - PARENTING - ADAPTING

See, our mindset might have been formed around concepts or ideas that we heard. It also might depend on the type of education we received. We could have been influenced by a culture we lived in, with its values and social norms.

Then in our adult life we created our own idea about what it means Reinvention, according to which experiences we made, or challenges we went through.

Now, give a couple of minutes to your rational side to elaborate this concept. See what comes out, if there's any contrast with what you jotted down before, and write it down here.

Now it's time to let the emotional side work. We are going to use a technique called 'Embodiment'.

I invite you to step into every perspective you find below and see how you see Reinvention from that specific perspective. Try to listen to all your body. Pay attention to where the emotions sit, if they show up.



BETWEEN CULTURES
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PERSPECTIVE 1: A banquet of unlimited possibilities



PERSPECTIVE 2: A battle, only the strongest survives





BETWEEN CULTURES

LIVING - WORKING - PARENTING - ADAPTING

Use the space below to note down any reflection from exploring the two perspectives.

2. YOUR VALUES AND YOUR PERSONALITY

I invite you to list in the table below, your values, what matters to you at this point in time. Every life stage has different characteristics. We value different things when we are in our twenties, or in our forties with a family. Values are what drives our life and our decisions in each life phase. In the personality section, try to think which of the traits you consider more prominently used to organize your life.

VALUES	PERSONALITY

Do you want to dig in more about Values and Personality?

You can book a Coaching session with focus on Values [here](#).

If you are curious about traits of your personality that are not so evident, you can take this free [test](#).



BETWEEN CULTURES

LIVING - WORKING - PARENTING - ADAPTING

3. WHAT ARE YOU READY TO PUT IN PLACE TOMORROW?

It is undeniable that Reinventing is a process that require a bit of preparation. But everyone is different and not every path is the same.

You might want to start something artistic and come from a very rational professional background. Maybe your life circumstances inspired you to embark on a different path and you want to retrain to learn what it is required for that specific project.

But the most important thing about your Reinvention is your willingness: what are you ready to start tomorrow?

You have two different tables below, one with an open space, for you to reflect and write down what your project is about and the actions you'll be able to implement TOMORROW.

The second one has a bit of structure, feel free to rename the sections with what you need to see in that table, and start to fill the spaces.

ASSETS	REQUIRED	FINANCIALS	RESOURCES

Now, I am curious to hear what you came up with!
I hope you find this resource useful, and I would love to support you further in your unique process of Reinvention.
You can browse the different resources and options available [here](#).

I know how it can feel confused and hard at the beginning. We might have many ideas or just one, but taking the decision to follow that crazy dream can be scary.
I have been there a few times, in the past sixteen years I reinvented myself more than one time in order to adapt in every country we moved to for my husband's job.
I went through uncertainties and self doubt, do you relate?

You don't have to do it alone, you can have myself at your side, or even better a group of peers going through the same crazy idea of changing life!
Check the self-paced or group webinars on my [Online courses page](#), it's great fun!

Imagine now for a moment, to be in the driver seat of your life: how does it feel?

I look forward to hearing from you, even just for [feedback](#) which will help me improve my services and the offer to people like you with their amazing project to bring to life.

THANK YOU



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