



What would your life look like if  
you discovered your calling and  
actually lived it?

- Jasper & Lara Silvis

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## Our Coaching Model (Page 1 of 5)

Welcome to Planning for Purpose Life Coaching! You are taking bold steps to move forward in your life with greater purpose. Our names are Jasper and Lara Silvis, and we would be honored for you to reach out to one of us for a conversation about your vision and goals. As coaches, we will partner with you to create vision, to develop awareness and to devise strategies to achieve your goals. You may wish to focus on things like work/life balance, life and business goals, fitness and wellness, making transitions, communication skills, improving relationships or spiritual formation. This is not a finite list and coaching can be applied to a broad array of life-improving goals.

We will customize our coaching relationship to meet your needs. As the client, you will set the agenda and direction of the coaching sessions. The coach you choose will walk alongside you, managing the coaching process and providing support so that you can develop a clear vision for the future.

As trained coaches through the Professional Christian Coaching Institute and members of the Christian Coaching Network International, we believe a beneficial coaching relationship is developed through meaningful conversations. We will coach you as an individual, not relying on a script or template, allowing us to dance in the moment - so to speak - in order to accomplish the goals you set for our time together.

Even though we do not use a script or template, the coaches at Planning for Purpose adhere to a set of principles we have created over the years that have allowed us to cultivate deep foundations in the coaching relationship. Since each client is treated individually and each coaching session is fluid, you may experience one or more of these principles in varying order to best match the direction you want to go and the results you wish to attain. Our principles - or coaching model - is shown as the expanded logo of our business, the foundation of our coaching practice.

Over the next pages, our coaching model will be displayed and described in detail. We hope that you find this information beneficial. It is simply information, though, and not a replacement of effective dialog between you and your coach. In our experience, the most effective and beneficial coach/client relationships are only created through conversation. This is why we have no email marketing system and focus on invitation and referral.

We look forward to serving you!

With warm regards,

Jasper & Lara Silvis



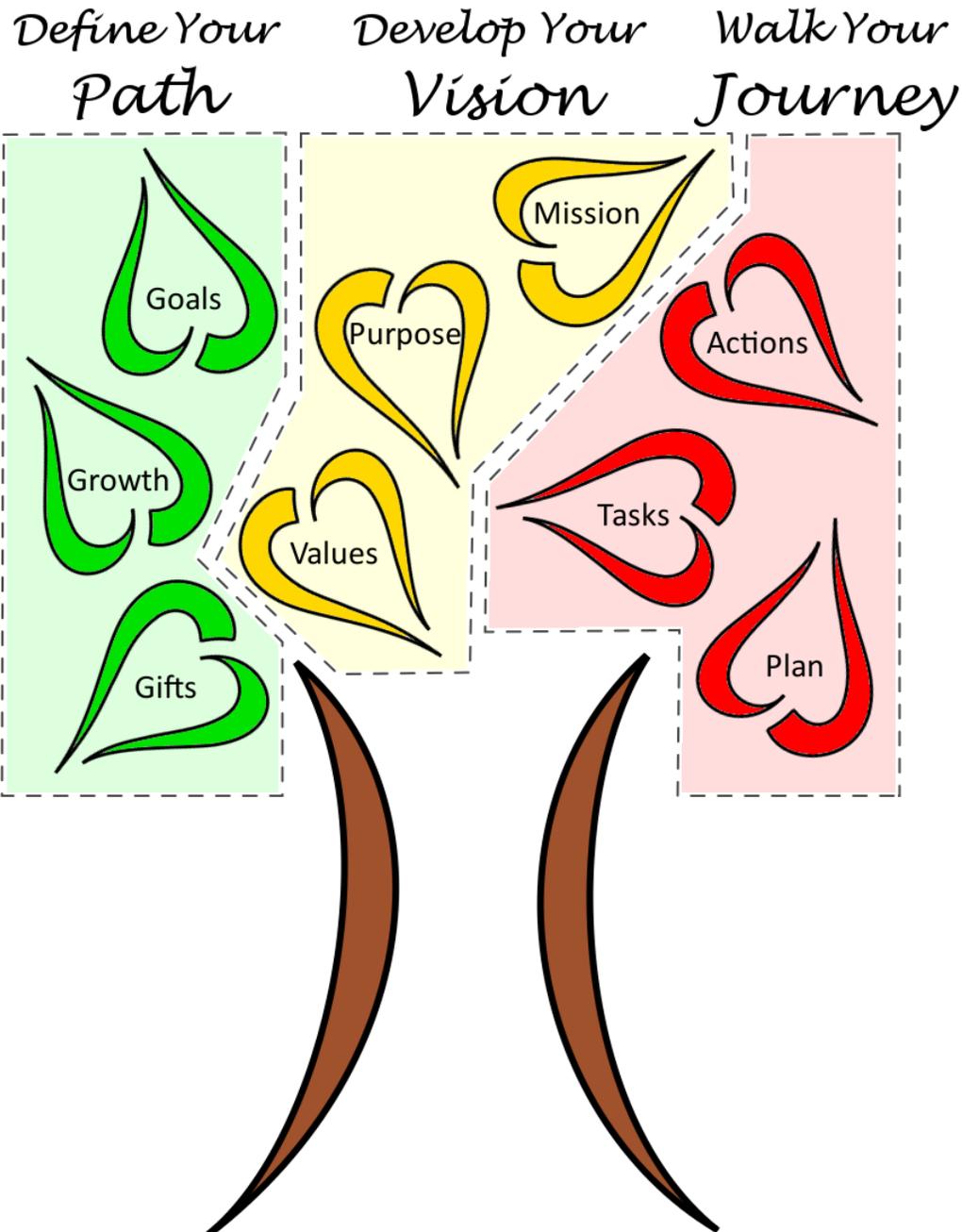
Planning for Purpose, LLC  
491 Baltimore Pike, Suite 433  
Springfield, PA 19064

Jasper Silvis : [jasper@planningforpurpose.com](mailto:jasper@planningforpurpose.com)  
Lara Silvis : [lara@planningforpurpose.com](mailto:lara@planningforpurpose.com)  
URL : <http://PlanningForPurpose.com>

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## Our Coaching Model (Page 3 of 5)

### *Define Your Path:*

We strongly believe that your goals are stepping stones along your journey towards a deep and meaningful purpose. Superficial or vanity goals may make you feel good in the moment, but the achievement is rarely life-changing. If you need to define or refine important goals in your personal life, working team or business, we can help guide you towards defining your path. Discovering your God-given gifts (yes, we ALL have them) and areas of growth are great steps to unlocking measurable, attainable, and meaningful goals that support your values and purpose.



For whatever God creates, He gives purpose. In order for that purpose to be accomplished and realized, God provides certain gifts within us. All other forms of life instinctively use their gifts. However, humans were created in His image and given free will; therefore, our gifts vary from person to person. Also, to follow our purpose, we need to discover and make the choice to use those gifts.



Gifts are one way of determining the goals that will help you to move forward in your journey. You may also define your path from another angle, by discovering areas of growth in your life, team or business. Do you have the necessary physical, emotional or spiritual skills necessary to fully apply your gifts? Do you feel you need guidance on overcoming obstacles? Exploring areas of growth may help.



Goals can be viewed as the intersection between your God-given gifts and your perceived areas of growth. Dr. Myles Munroe once said that "when the problem you are trying to solve collides with your gifts, wealth is the result". In our view, lifestyle-enhancing, fulfilling goals are the result of your areas of growth intersecting with your gifts. Would you like to discover your true goals?

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## Our Coaching Model (Page 4 of 5)

### *Develop Your Vision:*

Your goals will be scattered stones that take you nowhere if they are not following your vision. Your vision may be defined as the results you foresee when applying your purpose through the goals you plan to accomplish. In other words, in order to get these results (vision), you must be (purpose) this kind of person and do (mission) these kinds of things. Vision is a great self-motivator when you are at physical, emotional and spiritual lows. If you want to dig deep into what really drives you so that you can live a more purposeful life, then we would like to guide you on developing your vision.



What are the core values that define who you are? What drives you? What is truly important to you? The answers to these questions lay the foundation of your life principles. Without knowing your values, it will be difficult to discover your purpose, and even more difficult to realize it. The key is in your defined goals. What traits are common among your most important goals? Would you like help figuring those out?



Your purpose is the reason you exist. The answer to the meaning of life is to discover and realize the purpose that God has given you. We do this by combining our gifts and areas of growth to determine meaningful goals, use common attributes of those goals to discover your core values, then process those values deeper to define your purpose - WHY you exist. Knowing your WHY makes life a lot more fulfilling. What is your purpose?



Ok, so you have a purpose - great! You know WHY you exist - awesome! Now how do you get there? This is where your mission comes in. Your mission is the bridge between your defined vision and the actual walking (or DO-ing) of your journey. Without a mission, your goals (even meaningful ones) become isolated from each other. And when you fail to see the path your goals make, you can get lost and give up real quick.

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## Our Coaching Model (Page 5 of 5)

### *Walk Your Journey:*

In defining your path and developing your vision, you were talking the talk, figuring out your purpose and how to get there. Now it's time to walk the walk. In this season, it is time to put on your management hat to plan which goals to accomplish first, the tasks that break down those goals into measurable segments, and the actions that you can check off as you complete them. The domino effect is awesome: checking off actions leads to completing tasks, which leads to accomplishing goals, which allows you to walk closer towards your purpose! It feels great to have a purpose, but wait until you start walking it! Incredible!



It does not matter how many deep meaningful goals you defined. If you start working on more than a few at a time, your journey will turn into a maze filled with uncompleted tasks and forgotten goals. Need guidance on which goals to start first? Are your goals too broad or too long in scope to seem achievable? Are they laid out in a manner that makes it obvious that your journey is heading towards your purpose? Time to plan your journey!



It just takes a month of a goal's estimated completion time for that goal to seem out of reach. This is why it is important to break apart your goals into measurable tasks. These are independent segments of your goals that take no longer than two (2) weeks to complete (standard for agile development in software giants like Google and Microsoft - and very applicable in general goal planning). Ready to accomplish your goals?



Sometimes, there are many steps in completing a task, so this last step in the process of walking your journey will be to guide you on creating the checklists you need to break down each task in the life of your targeted goal into the actions needed to accomplish them. Actions should take no longer than 2 or 3 days to complete. How would you feel when your week ends and you have more than 1 action completed? Nice, huh?