



Coaching Through Disappointment Exercise

Exercise #1

When faced with disappointment, get together with someone you trust or the favorite coach in your life and ask the following questions:

1. On a scale of 1-10. Rate your current level of disappointment. Why did you give it this rating?
2. What are you facing right now when it comes to disappointment?
3. When you look at your life what disappointments seem to get in your way?
4. From your perspective what have they brought into your life?
5. What is God making you aware of as you work through this disappointment?
6. If you could paint me a picture with you working through this disappointment in a way that was life-giving, what would that look like?
7. What have you done up to this point to deal with the disappointment?
8. How have you overcome disappointments in the past?
9. What options do you see available to you right now that will help you through your disappointment?
10. Which of those options would you like to put into practice today?

Exercise #2

Read through the Christmas story in the gospels. As you read, list out any expectations the people in the story might have had based on their role and place in life. (i.e. Mary, Joseph, magi, shepherds).

- How did each of them respond?
- How do you think you would have responded?
- What principles could you draw from the scripture that would help you or others face disappointment?