



TIME FOR LIFT OFF! ~ THE BALLOON CHALLENGE

WHAT IS HOLDING YOU DOWN
AND WHAT DO YOU NEED
TO CUT LOOSE TO RISE
TOWARDS YOUR DREAMS?

ZS

ZOË SCHOFIELD
Coaching

DO WHAT MAKES YOUR SOUL SHINE

W E L C O M E

Hi There!

Think of your goals and dreams as a hot air balloon. Your aspirations, values and goals help you rise. But fears, habits and challenges can weigh you down.

I first came across this balloon exercise in 'The Art of Coaching' by Jenny Bird and Sarah Gornall when I used it for a team coaching exercise. But I think, even slightly adapted, it's super helpful for us as individuals too. It helps us to get creative with our thinking, particularly if we feel that there are things holding us back and getting in the way of lifting off towards our dreams. It's really a bit of a metaphor exercise...where the image can help us to think about what we want to take off towards and what things are stopping us.

Imagine you are in a hot air balloon trying to take off towards your goals and longer term aspirations. Perhaps there are things that are weighing you down? Maybe some of the things that stop you making progress are your own thoughts, behaviours or perhaps your own internal language?

Why it helps...

It can facilitate our systematic thinking, using the creative side of our brain to explore our aspirations and dig deeper into what may be stopping us. Becoming more objective by challenging our inner thinking and taking action to untether us and lift off!

Zoe Schofield

ABOUT ME

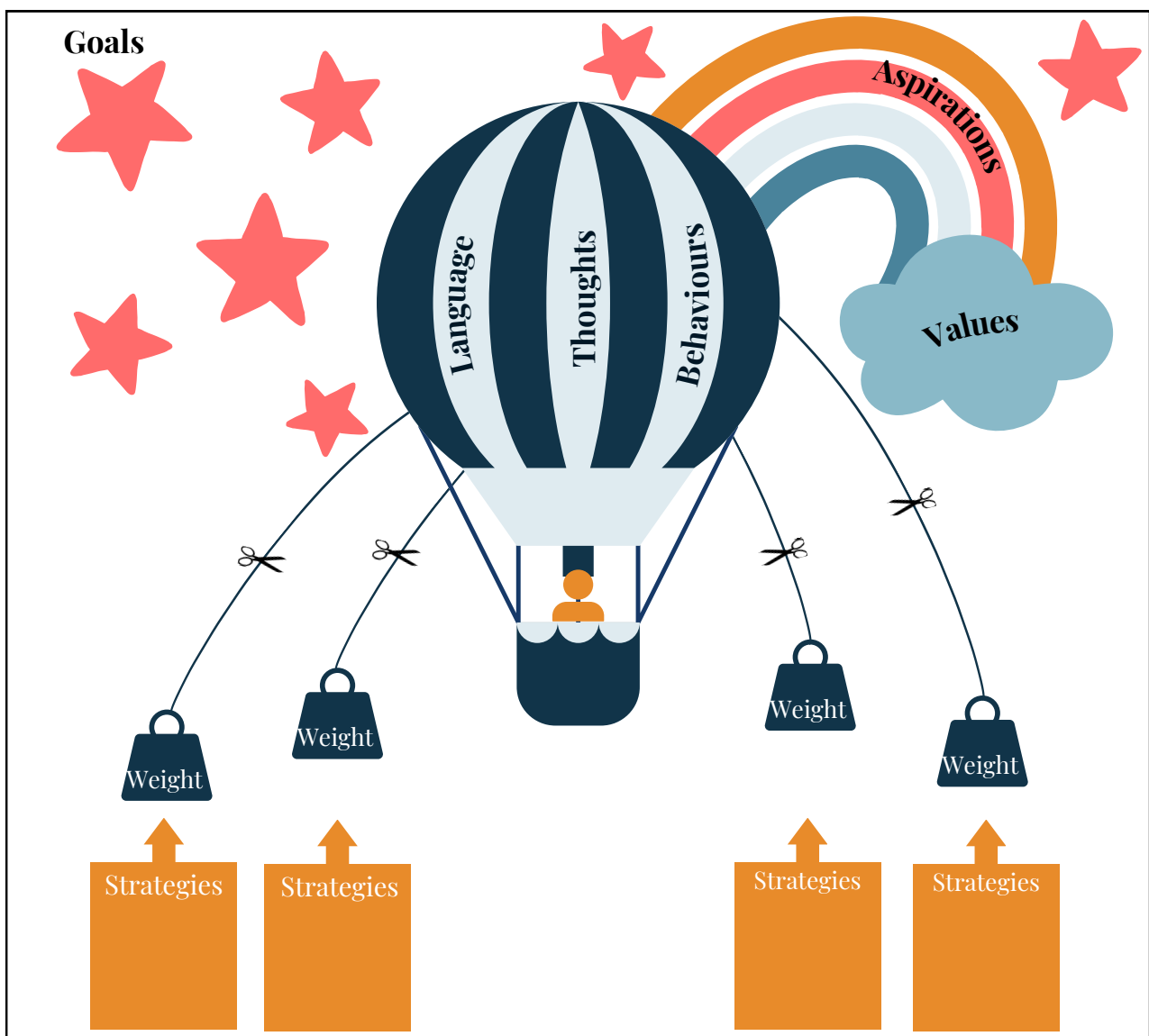
As a coach, facilitator and podcast co-host I love helping people to see the best in themselves and build a meaningful and thriving life...but I also love to find time for my art and design side-hustle (my other life). But I know what it's like to feel held back, often it's me doing the holding!



HOW TO USE IT...

Firstly, imagine yourself as a hot air balloon, ready to take off towards your goals and aspirations...Perhaps there are things that are weighing you down? Maybe some of the things that stop you making progress are your own thoughts, behaviours or perhaps your own internal language?

Use this image as a reference point as you work through the exercise over the next few pages.



WHAT TO DO NEXT?

Continue thinking about this idea of you being in the balloon ready to take off towards your dreams...

Now try sketching out your own balloon (or use the template above). It doesn't have to be a masterpiece, just a way for you committing pencil to paper and exploring creatively.

Capture your thoughts on each of the key elements...



STARS = Your Goals



RAINBOW = Your Aspirations



CLOUDS = Your Key Values



BALLOON SEGMENTS = Your Language, Thoughts, Behaviours



WEIGHTS = Your Blockers, Challenges, Issues



STRATEGIES = Your Actions To Counter The Weights

REFLECTION QUESTIONS TO EXPLORE

Once you have sketched out your own hot air ballon challenge here are a few questions to help you gain further insights...



Q1 What is your dream destination (aspiration)?

Q2 What specific goals will move you towards it?

Q3 What values will guide you?

Q4 How are your own thoughts, words, behaviours or habits holding you down?

Q5 What could you do to cut the weights?

Q6 Who or what could help you on this journey?

Q7 What strategies will give you extra lift?

LET'S KEEP GOING

Just a few more questions to make sure we've gained as much insight as possible...

Q8 How can you make this take off a reality?

Q9 What will you feel and experience when you get there?

TAKING ACTION...

- 1** Choose one weight you are ready to cut loose this month
- 2** Choose one strategy that will give you a lift this week
- 3** Note down what action you will take next, how you will do it and when you'll do it by

What surprised you most as you completed this exercise?

Every balloon needs both lift and lightness. The clearer you are about what you want, the more you loosen the things that hold you down, the lighter you will travel and the higher you'll rise.

Remember to set a date for your next 'lift off balloon challenge' review!

Scheduled Review Date:

DO WHAT MAKES YOUR SOUL SHINE



WANT FURTHER SUPPORT TO EXPLORE AND MOVE INTO ACTION?

If this exercise has sparked a desire to dig deeper into this, or perhaps you just need more support to get more clarity and begin to make changes...you don't have to figure it all out on your own.

I help multi-passionates, thoughtful people like you explore making changes, get unstuck and design careers and lives that feel rich with meaning, energy and joy.

Book a free 30-minute coaching call
Let's chat about what you discovered and what to do next.
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