

Is Coaching the Right Approach for Me?

A reflection guide for greater clarity, balance, and growth.

Coaching creates space to pause, reflect, and reconnect with what truly matters. It can support you in understanding yourself more deeply, navigating change with greater resilience, and making choices that feel aligned with the life you want to create.

This reflection guide is designed to help you explore where you are today and whether coaching could support you on your journey.

RESILIENCE & INNER BALANCE

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I want to build a stronger connection with myself and better understand what I need to feel balanced.

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I often carry many responsibilities and want to create more space, energy, and ease in my everyday life.

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I would like to strengthen my ability to navigate challenges with more confidence and inner stability.

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I want to develop healthier ways of dealing with pressure, expectations, and change.

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I want to create a more sustainable way of living and working.

LIFE ALIGNMENT & CLARITY



I am reflecting on what truly matters to me and what I want my life to stand for.



I want more clarity around my next steps, decisions, or direction.



I feel that my current path no longer fully reflects who I am today.



I want to align my choices, career, and lifestyle more closely with my values.



I want to define success on my own terms.

PERSONAL GROWTH & SELF-AWARENESS



I am curious about my patterns, strengths, beliefs, and behaviours.



I want to understand myself on a deeper level.



I want to challenge perspectives or habits that may be limiting me.



I want to reconnect with my strengths and what makes me unique.



I am open to reflection, growth, and creating meaningful change.

What your reflection may reveal

If several statements resonate with you, coaching may

provide valuable space to gain perspective, reconnect with yourself, and move forward with greater clarity and intention.

You do not need to have everything figured out. Often, the desire to understand yourself better is the first step toward meaningful change.

A Final Reflection

Complete the following sentence:

*“Right now, I want to create more
_____ in my
life.”*

Your answer can be a powerful starting point for reflection.

If you feel drawn to explore this further, I invite you to
connect.
