

Worksheet: Is Coaching Right for Me?

1. What do I want to change or improve?

- _____
- _____

2. What kind of support do I need?

- Clarity and direction
- Accountability and structure
- Emotional healing
- Career advice
- Expert solutions

3. What am I ready to commit to?

- Weekly sessions
- Taking action between sessions
- Honest reflection
- Trying new strategies

4. What outcome would make coaching worth it for me?

→ _____

5. Am I committed to starting my Life Coaching Journey?

- Yes** * [Schedule your free discovery call](#)
- No**