Direction and workable action

Reflection and understanding | 1 of 2

A coaching reflection sheet to turn an intention into a small, reviewable experiment.

Name or initials (optional): _____ Date: _____

1. What would I like to be different, and why does it matter now?

2. What is already working? Which strengths and resources can I build on?

3. What assumptions or obstacles need testing rather than simply accepting?

Direction and workable action

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What options are available, including doing less or changing the goal?

5. What small action can I take, with what time and support?

6. How will I review what I learned without judging the whole goal by one attempt?

My next step / support I can ask for / date to review: