

Worksheet

Do I Need A Life Coach?

A → B



Grab a notepad and pen and answer the following questions with 100% honesty. If you need to adapt the questions slightly to suit your circumstance, go ahead! This is your worksheet. Enjoy!

- 1 Am I taking action to get what I want?
→ (If yes) Is it getting me results?
→ (If yes) Keep doing what you're doing! ☺
- 2 Why am I not taking action?
- 3 What are the reasons I want this?
- 4 How soon do I want this?
- 5 What will happen if I do nothing different?
- 6 What is the worst thing that may happen if I did see a life coach?
- 7 What is the best thing that could happen if I did see a life coach?
- 8 Is what I want, worth it?
- 9 What action will I take, now?

