

Life Coaching Worksheet

Client information

Name:

Date of birth:

Gender:

Occupation:

Contact information:

Best times for coaching sessions:

Goal setting

What are your top 3 goals? Use the SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound) framework to detail them.

Current state assessment

Describe your current situation.

1. What are the major problems or challenges you are facing right now?

2. What are your strengths?

3. What areas need improvement?

Action plan

For each goal, list the steps you will take to achieve it.

What resources will you need to achieve these goals effectively?

What potential obstacles do you foresee, and how will you overcome them?

Progress tracking

Keep a weekly log of progress made towards each goal.

1. What steps were completed?

2. What challenges were faced?

3. How were they addressed?

Self-reflection and evaluation

Reflect on your journey periodically.

1. What have you learned?

2. How have you grown?

3. What changes might you need to make in your approach?

Additional notes