

# Life Coaching Worksheets

## Client Information

Name:	
Age:	
Occupation:	
Contact Information:	
Best Times for Coaching Sessions:	

## Goal Setting

<b>What are your top 3 goals? Use the SMART framework to detail them. (Specific, Measurable, Achievable, Relevant, Time-bound)</b>
1.
2.
3.

## Current State Assessment

*Describe your current situation.*

<b>What are the major problems or challenges you are facing right now?</b>
<b>What are your strengths?</b>

**What areas need improvement?**

## Action Plan

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

1.

2.

3.

**What resources will you need?**

1.

2.

3.

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

1.

2.

3.

## Progress Tracking

*Keep a weekly log of progress made towards each goal.*

**What steps were completed?**

**What challenges were faced?**

**How were they addressed?**

## **Self-reflection and Evaluation**

*Reflect on your journey periodically.*

**What have you learned?**

**How have you grown?**

**What changes might you need to make in your approach?**