Confidence, Integration & Life Direction

5-Session Coach + Client Worksheet Package

Designed as a folder-ready coaching pathway. Each session has a coach sheet and a client sheet, followed by a progress/review page.

Frameworks used: Powerful Questions / 51 Curious Questions, LAST, Feelings Inventory, Core Values, Intentional Change Theory, Experiences–Growth–Contribution, LERR, AWESOME goals, Lofty Questions and accountability.

Scope note: These worksheets support coaching conversations. For relationship concerns involving abuse, coercion or immediate safety concerns, use appropriate professional/safety resources rather than treating the worksheet as a substitute for them.

Session 1 — Coach Sheet

Theme: Review the journey

Session objective

Review the client's main themes, insights and changes across the coaching journey.

Opening / Powerful Question

What is your motive to take action?

Follow-up question

What are you focused on?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 1 — Client Sheet

Today's theme: Review the journey

Opening question

What is your motive to take action?

My response

Explore

What are you focused on?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What matters most now?

My answer in the present tense

One action I commit to before the next session

Session 2 — Coach Sheet

Theme: Values and vision

Session objective

Reconnect values with the desired future and life direction.

Opening / Powerful Question

What do you believe in?

Follow-up question

What is success for you?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 2 — Client Sheet

Today's theme: Values and vision

Opening question

What do you believe in?

My response

Explore

What is success for you?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What future feels aligned with who you want to be?

My answer in the present tense

One action I commit to before the next session

Session 3 — Coach Sheet

Theme: Ideal self and real self

Session objective

Compare current patterns with the ideal self and identify learning priorities.

Opening / Powerful Question

Who are you at your very best?

Follow-up question

Is it true?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 3 — Client Sheet

Today's theme: Ideal self and real self

Opening question

Who are you at your very best?

My response

Explore

Is it true?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What is one meaningful gap to work on?

My answer in the present tense

One action I commit to before the next session

Session 4 — Coach Sheet

Theme: Priorities and goals

Session objective

Turn the next priority into an executable goal and identify support.

Opening / Powerful Question

What is the small step you can take towards this big dream?

Follow-up question

Do you ask when you need help?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 4 — Client Sheet

Today's theme: Priorities and goals

Opening question

What is the small step you can take towards this big dream?

My response

Explore

Do you ask when you need help?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What will you commit to next?

My answer in the present tense

One action I commit to before the next session

Session 5 — Coach Sheet

Theme: Integration and continuation

Session objective

Celebrate learning, define continuation and accountability.

Opening / Powerful Question

What promise does the future hold?

Follow-up question

What is the outcome you are looking for?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 5 — Client Sheet

Today's theme: Integration and continuation

Opening question

What promise does the future hold?

My response

Explore

What is the outcome you are looking for?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What are you choosing for your next chapter?

My answer in the present tense

One action I commit to before the next session

Confidence, Integration & Life Direction — Progress & Review

Use after Session 5 to capture learning and the client's chosen direction.

Biggest insight across the 5 sessions

What has changed in my thinking, feelings or behavior?

Strengths and resources I discovered

What I want to continue practicing

Who / what can support me

My next 30-day commitment

My next coaching focus

Client's own definition of success going forward:

In my own words