Self-Worth & Personal Confidence

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: Explore the story of worth

Session objective

Explore the client's own meaning of worth, strengths and experiences.

Opening / Powerful Question

What do you believe in?

Follow-up question

Tell me more about that

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: Explore the story of worth

Opening question

What do you believe in?

My response

Explore

Tell me more about that

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 would truly make you feel fulfilled here?

My answer in the present tense

One action I commit to before the next session

Session 2 — Coach Sheet

Theme: Core values

Session objective

Use the Core Values exercise to identify values that represent the client's primary way of being.

Opening / Powerful Question

What is success for you?

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 2 — Client Sheet

Today's theme: Core values

Opening question

What is success for you?

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

Which values do you want to live more consistently?

My answer in the present tense

One action I commit to before the next session

Session 3 — Coach Sheet

Theme: Identity and beliefs

Session objective

Notice beliefs that shape identity and behavior; distinguish belief from fact.

Opening / Powerful Question

Is it true?

Follow-up question

What scares 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 3 — Client Sheet

Today's theme: Identity and beliefs

Opening question

Is it true?

My response

Explore

What scares 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

Who are you becoming?

My answer in the present tense

One action I commit to before the next session

Session 4 — Coach Sheet

Theme: Live the values

Session objective

Create a small experiment that expresses a chosen value in daily life.

Opening / Powerful Question

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

Follow-up question

How do you learn best?

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: Live the values

Opening question

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

My response

Explore

How do you learn best?

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 would living this value look like today?

My answer in the present tense

One action I commit to before the next session

Session 5 — Coach Sheet

Theme: Embody direction

Session objective

Review evidence of change, learning and support.

Opening / Powerful Question

What is the outcome you are looking for?

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 5 — Client Sheet

Today's theme: Embody direction

Opening question

What is the outcome you are looking for?

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 is your next aligned step?

My answer in the present tense

One action I commit to before the next session

Self-Worth & Personal Confidence — 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