



## Reset and Reflect: Coaching Conversation Prep

To get the most out of our next coaching conversation, take a few minutes to reflect on these questions. You don't need to share your answers unless you want to — this is just to help you get clear and come into the conversation feeling more prepared.



### Reflection Prompts

1. What's the goal or expectation you're working on right now?
2. Where are you feeling stuck, unclear, or off track?
3. How have you been showing up around this (*e.g., open and focused? Distracted or avoiding?*) If you think about the Above/Below the Line model, where might you be?
4. What story are you telling yourself about this (*e.g., "I can't do this," "It's not fair," "There's too much going on"*)
5. What emotion has been coming up when you think about this?
6. What strength could you bring to help shift things forward?
7. What would be helpful to talk through or get support with when we meet?

✨ **Optional:** What's one small step you could take before we catch up?