WOULD I BENEFIT FROM CHRISTIAN LIFE COACHING?

A guided reflection before your first conversation

Sometimes you can tell that something needs attention in your life, yet you can't quite name what it is. You may be functioning well on the outside while wondering what is happening within. This HeartCheck is an invitation to notice those questions and consider whether coaching might be a helpful next step.

Take your time. There is no score and no right answer. Write what is true for you today; leave any question unanswered if you prefer. You do not need to share this worksheet with anyone.

01

What prompted me to consider coaching now?

Was there a particular conversation, change, recurring frustration, or sense that something is missing?

02

What is going well in my life?

Where do I already see strength, faithfulness, good relationships, or meaningful progress?

03

Where do I feel stuck, restless, or out of alignment?

Think about your choices, relationships, work, faith, habits, or inner life.

LOOKING BENEATH THE SURFACE

These questions are meant to help you notice patterns, not judge yourself. Answer in whatever order feels helpful.

04

What have I already tried to change?

What has helped? What tends to bring me back to the same place?

05

What feelings show up most often in this area?

For example: disappointment, fear, anger, shame, sadness, hope, or uncertainty.

06

What might I be believing beneath those feelings?

What do I tell myself about who I am, what others expect, or what God thinks of me?

07

What would meaningful progress look like?

Imagine the next three to six months. What would be different inside you or in your daily choices?

DISCERNING MY NEXT STEP

Coaching is a partnership for reflection, direction, and action. It is most useful when you are willing to explore honestly and take responsibility for your next steps.

08

What kind of support am I hoping to receive?

Someone to listen? Help clarifying a goal? Thoughtful questions? Accountability? A faith-centered perspective?

09

How ready am I to participate in the process?

What time, attention, openness, or willingness to try something new could I bring?

A FEW THINGS TO CONSIDER

- [ ] I'd welcome a thoughtful conversation about what I am discovering.
- [ ] I have a goal or decision I want to explore and act on.
- [ ] I am open to examining beliefs and patterns that may be shaping my choices.
- [ ] I may need counseling, medical care, or other support in addition to or instead of coaching.

A GENTLE DISTINCTION

Christian life coaching can support clarity, goals, habits, relationships, and growth. It is not a diagnosis, mental-health assessment, or substitute for therapy. If distress, trauma, or safety concerns are prominent, a qualified mental-health professional may be the more appropriate starting point.

One question I would like to bring into a conversation:

You do not have to have everything figured out before you begin.

Snow Coaching | snowcoaching.com | Proverbs 4:23