

## Coaching Check In and Redesign

Periodically during any coaching relationship, it is good to pause and reflect, evaluate and claim what's next. What is working? What isn't? What are my goals now? What do I want to focus on in coaching?

The questions below are designed to aid you in solidifying what you have learned, deciding if and how continued coaching is a right fit for you, and making ongoing commitments to yourself as you continue claiming your fulfilling, passionate life. Use some, none, or all of them to guide your check in.

1. Think back to the start of the coaching or to your last check-in, what did you hope to gain?
2. What were your challenges and frustrations at that time?
3. Review the core values we identified early on, how are they "right" for you now? What adjustments are needed?
4. What shifts have happened and what specifically are you doing differently as a result of the coaching?
5. What limiting beliefs have you let go of (e.g. about yourself, life, others)? "I no longer believe..."
6. What positive new beliefs do you have (e.g. about yourself, life, others)? "I now believe..."
7. What specifically have you learned about yourself that you haven't already mentioned?
8. What disappointments about the coaching do you feel? What do you believe about them?
9. What tangible outcomes have occurred during the coaching?
10. What structures will you keep with you?
11. What are your top 3 goals and dreams in life right now?
12. What are your top 5 priorities in life as you now understand them?
13. What has been the best bit of the coaching?
14. What has your coach taught you?
15. What feedback do you have for your coach?
16. What are the best things about your life?
17. What else would you like to note here that will be useful going forward?
18. What powerful, true, affirming, uncensored acknowledgment do you have for YOU?
19. What powerful, true, affirming, uncensored acknowledgment do you have for your coach?
20. Finally, what changes do you want to request around the coaching? Consider frequency, length of session, style of coaching, focus.