

# Self Coaching – personal & private coaching sheet

Self Coaching

Take any current or longer term issue – ask yourself:

What is the issue?:

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*What do I want to achieve?*

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*What are the issues or concerns? What is stopping me?*

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*What could I do? What are my options?*

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*Right now, what seems to be the best option for me? What will I do?*

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