

MY COACHING PATH

Deep Reflection & Growth Workbook

A guided journey from insight to intentional action

NEXT CHAPTER COACHING ACADEMY

BEGIN HERE

How to Use This Workbook

Move slowly. Honest reflection matters more than perfect answers. Return to these pages as your circumstances and perspective evolve.

SET YOUR INTENTION

What do I want to understand, release, or change through this workbook?

CREATE SAFETY

What conditions help me reflect honestly without judging or rushing myself?

A SUPPORTIVE PRACTICE

- ☐ Choose a quiet time and place
- ☐ Pause if a prompt feels overwhelming
- ☐ Write what is true—not what sounds impressive
- ☐ End each session with one grounded next step

OPENING COMMITMENT

I will meet myself in these pages with...

Life Wheel: See the Whole Picture

Use a 1–10 scale. A score is information, not a verdict. Notice both satisfaction and importance before deciding where to focus.

AREA	CURRENT	DESIRED	IMPORTANCE
Physical health			
Emotional wellness			
Relationships			
Parenting & family			
Career			
Finances			
Personal growth			
Purpose			

READ THE PATTERN

Which score creates the most emotional reaction? What might that reaction be telling me?

Life Wheel: Choose Your Leverage Point

The lowest score is not always the best starting point. Choose the area where a small shift could create meaningful momentum elsewhere.

WHAT IS WORKING

Which habits, people, or resources already support me?

WHAT IS MISSING

What need, boundary, skill, or support has gone unaddressed?

THE DEEPER TRUTH

If I were completely honest, what have I been avoiding or tolerating?

ONE-YEAR VISION

If this area improved by two points, what would I see, feel, and do differently?

48-HOUR MOVE

What is one specific action I can take, and when exactly will I take it?

Rewrite Your Story: Name the Narrative

Separate facts from interpretation. The goal is not forced positivity—it is a story that is accurate, compassionate, and useful.

THE FACTS

What happened? Describe only what a camera could observe.

THE STORY

What meaning am I assigning to what happened?

THE COST

How does believing this story affect my emotions, choices, body, and relationships?

THE ORIGIN

When did I first learn to see myself or the world this way? Whose voice might this be?

Rewrite Your Story: Build a Truer Chapter

A powerful reframe honors difficulty while restoring choice, dignity, and possibility.

EVIDENCE FOR

What facts genuinely support the old belief?

EVIDENCE AGAINST

What exceptions, strengths, or past experiences complicate it?

COMPASSIONATE PERSPECTIVE

What would I say to someone I love in the same situation?

NEW STORY

Write a balanced belief that leaves room for growth and agency.

PROOF THROUGH ACTION

What small action this week would make the new story more believable?

Goal Mapping: From Desire to Direction

Clarify the change you want, why it matters, and what success looks like in real life—not just on paper.

THE VISION

If fear, approval, and logistics were not deciding for me, what would I create?

FIVE LAYERS OF WHY

Why does this matter? Ask why again after each answer until you reach the value underneath.

SUCCESS DEFINED

What specific evidence will tell me I have made meaningful progress?

Goal Mapping: Design for Reality

A strong plan anticipates friction. Replace vague motivation with small actions, visible cues, and support.

LIKELY OBSTACLES

What internal and external barriers are most likely to appear?

IF-THEN PLAN

If the obstacle appears, then I will...

SMALLEST NEXT STEP

What action can I complete in 20 minutes or less?

SUPPORT AND ACCOUNTABILITY

Who can help, and what exactly will I ask them for?

WEEKLY COMMITMENT

I will _____ on _____ at _____. I will know it is done when...

Belief Audit: Understand the Pattern

Limiting beliefs often began as protection. Explore them with curiosity before deciding what no longer serves you.

RECURRING BELIEF

What thought appears when I take a risk, receive feedback, or feel uncertain?

TRIGGER AND BODY CUE

What situations activate it? Where do I feel it in my body?

PROTECTIVE PURPOSE

How may this belief have tried to keep me safe, accepted, or in control?

PRESENT-DAY COST

What opportunities, relationships, or parts of myself does it restrict now?

Belief Audit: Practice a New Response

A new belief grows through repetition and evidence. Choose language that feels credible enough to practice.

OLD THOUGHT

Write the automatic thought exactly as it sounds.

BALANCED REFRAME

What is a kinder, more accurate, and more empowering thought?

EVIDENCE BANK

List three moments—large or small—that support the new belief.

BEHAVIORAL EXPERIMENT

What safe, small action will test the new belief this week?

Gratitude Shift: Notice Without Bypassing

Gratitude can sit beside grief, frustration, or uncertainty. Use it to widen attention—not deny what is hard.

01

Something ordinary that supported me today

02

A person, place, or memory that brought warmth

03

A strength I used—even imperfectly

04

A challenge that revealed information or growth

05

Something I want to savor tomorrow

MEANING

What do these answers reveal about what I value most?

Meet Your Higher Self

Imagine a future version of you who is not perfect, but deeply aligned. Study their choices so you can practice them now.

PRESENCE

How do they speak to themselves and carry themselves through a hard day?

PRIORITIES

What do they protect, decline, and make time for?

RELATIONSHIPS

How do they communicate needs, repair conflict, and receive care?

COURAGE

What discomfort are they willing to experience in service of a meaningful life?

BRIDGE BEHAVIOR

What is one choice my future self would make today?

A Letter From Future You

Write from a date five years in the future. Let this wiser version of you offer perspective, reassurance, and a loving challenge.

Dear me,

Include: what you survived • what you stopped carrying • what mattered most • what to do next

NVC Practice: From Reaction to Clarity

Use observation, feeling, need, and request to express yourself without blame. A request leaves room for an honest no.

OBSERVATION

What happened—without labels, motives, or exaggeration?

Try: “When I saw/heard...” rather than “When you always...”

FEELING

What emotion is present beneath anger or shutdown?

Examples: hurt, anxious, disappointed, lonely, overwhelmed, hopeful

NEED

What universal need matters here?

Examples: respect, clarity, belonging, rest, trust, choice, consideration

REQUEST

What specific, doable action am I asking for—and by when?

NVC Practice: Prepare for the Conversation

Regulation and curiosity make connection more likely. Prepare your message and your response to several possible outcomes.

MY FULL STATEMENT

When I observe _____, I feel _____ because I need _____. Would you be willing to _____?

THEIR PERSPECTIVE

What might they be feeling or needing? What question could help me understand?

BOUNDARY

If my request is declined, what choice can I make to care for myself without punishment or threat?

REPAIR

If I become reactive, how will I pause and return to the conversation?

The 5-Minute Reset

Use this sequence when emotion is high. Regulation comes before problem-solving; the goal is choice, not instant calm.

1 • PAUSE

Stop speaking or acting for one intentional moment.

2 • BREATHE

Lengthen the exhale. Notice where your body is supported.

3 • NAME

I am noticing _____. The intensity is ____ / 10.

4 • LOCATE

The trigger was _____. The need underneath may be _____.

5 • CHOOSE

The kindest effective next action is _____.

Trigger Pattern Map

Look for patterns after the moment has passed. Understanding your sequence creates more places to choose a different response.

SITUATION

What happened immediately before the reaction?

INTERPRETATION

What did my mind predict or assume?

BODY AND IMPULSE

What sensations appeared, and what did I want to do?

RESPONSE AND RESULT

What did I do? What happened next?

NEW PATHWAY

What cue will remind me to pause, and what response will I rehearse?

Positive Reinforcement: Build What Works

Recognition helps the brain notice progress. Reward effort, strategy, recovery, and consistency—not only outcomes.

DATE	EFFORT / CHOICE I WANT TO REPEAT	WHAT HELPED	REWARD
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			

PATTERN REVIEW

Which conditions make follow-through easier? How can I recreate them?

Final Reflection: Honor the Change

Integration means noticing what shifted, deciding what to carry forward, and planning for the moments when old patterns return.

WHAT I LEARNED

What truth about myself is clearer now?

STRENGTHS RECLAIMED

Which qualities did I rediscover or practice?

WHAT I AM CLOSING

What belief, pattern, role, or expectation am I ready to release?

WHAT I AM BEGINNING

What new chapter am I willing to author through repeated choices?

EVIDENCE OF GROWTH

What will I notice myself doing differently?

My Next Chapter Commitment

Make a promise that is specific enough to guide you and compassionate enough to survive an imperfect week.

MY GUIDING VALUE

The quality I want to embody in this next chapter is...

MY COMMITMENT

For the next 30 days, I will...

MY SUPPORT PLAN

When I struggle, I will reach out to / return to / remind myself...

MY RETURN PLAN

If I miss a day or lose momentum, I will restart by...

Signature _____

Date _____

YOUR NEXT CHAPTER

**You do not need to have
the whole path figured out.**

You only need an honest next step—and the courage to take it.

MYCOACHINGPATH.COM