

# SELF COACHING

## ACTIVITY WORKSHEET



- Am I giving myself permission to have a ten minute self coaching session right now?
- What is my mind occupied with at present?
- What am I grateful for today?



- What makes me smile?
- Breathe in deeply and exhale slowly. Repeat twice more.
- What emotions am I feeling right now?



- How do I need to take myself today?
- Who do I need to ask for help?
- When will I ask for help?

## THE LIFE AUDIT



Am I giving myself permission to have a ten minute self coaching session right now?

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What is my mind occupied with at present?

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What am I grateful for today?

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Breathe in deeply and exhale slowly. Repeat twice more.

What makes me smile?

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Apart from gratitude, what other emotions am I feeling?

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How do I need to care for myself at the moment?

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Who do I need to ask for help?

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When will I do that?

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