

EXPLORE: A Coaching Guide for Purposeful Decision-Making

Better Self Breakthrough | Coach Charmaine Ashby

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This guide is for the woman standing at a crossroads—not because she’s lost, but because she has options. Whether it’s healthcare, law, business, or another calling entirely, this moment is not about getting it perfect. It’s about getting it aligned.

The EXPLORE Framework

E – Evaluate what excites you and what drains you.

X – eXpress your long-term vision: what do you want life to feel like?

P – Pinpoint your values—what must be honored in any career you pursue?

L – List the fears that are whispering ‘what if I choose wrong?’

O – Open yourself to experimenting before committing.

R – Reflect on your story: what themes keep repeating?

E – Empower your next step—not your final one, just your next one.

Coaching Reflection Questions

- If I remove everyone else’s opinion, what do **I** want to pursue?
- Which environment makes me feel most like myself?
- What does success look like to me personally—not just professionally?
- Where can I test the waters before diving in?

You don’t have to be certain to begin. You just have to be honest enough to move.

Visit www.charmaineashby.com or text 215-380-4870 for your next step.