

CALM Coaching Guide

Clarity in Motion: Building Your 60-Day Plan & 360° Growth Review

By Coach Charmaine Ashby
Career, Life & Marriage Coach
www.charmaineashby.com | Text 215-380-4870

INTRODUCTION

Every new season of life or leadership calls for two things: a clear plan that turns intention into focused action, and a clear mirror that helps you see how you're showing up to others. This guide brings those two perspectives together — a 60-Day Plan to help you move forward with clarity, and a 360° Review Framework to help you grow with awareness.

PART 1: THE 60-DAY PLAN — CLARITY, ACTION, AND ALIGNMENT

Reset the Focus

Before you plan, pause. Ask yourself:

- What outcome do I want to see or feel by Day 60?
- What would “progress” look like if it were visible in my daily life or leadership?
- Where have I been stuck or unfocused lately, and what's one thing I'm ready to move on from?

A 60-Day Plan is not about doing more — it's about doing what matters on purpose.

Goal	Why It Matters	First 3 Steps

PART 2: THE 360° REVIEW — SELF-AWARENESS AND GROWTH IN RELATIONSHIP

A 360° Review is not just about collecting feedback. It's about collecting truth in love. It helps you see what's working, what's missing, and what's misunderstood.

Feedback is not judgment — it's information for transformation.

CLOSING THE LOOP — CELEBRATE, REFLECT, RESET

Celebrate what worked. Reflect on what you learned. Reset for what's next. The end of one plan is the starting line of another.

You don't need to have every answer today. What you need is motion with meaning.

The 60-Day Plan gives you direction. The 360° Review gives you reflection. Together, they build a life and leadership marked by clarity, accountability, and calm.

“Be still, and know...” — Psalm 46:10