Where Are You Right Now?

A clarity worksheet for the Growth Seeker – the one who feels stuck with potential.
Complete this honestly, then bring it to your first coaching session.

You have the energy and the hunger. You've built your world on it. Now we're going to take your motivation and give it direction. There is no right or wrong to the answer the questions below. Your answers will help you identify where you actually are, so you can move forwards.

01

Right now, I feel...

Name the emotion honestly. Not what you think sounds right. What's actually there?

02

The pattern I notice

Tick any that resonate with you right now:

- [ ] I start things but rarely finish them
- [ ] I'm always looking for the next opportunity
- [ ] I know what I want but can't commit
- [ ] I feel like I'm spinning, not building
- [ ] I'm waiting until I feel "ready"
- [ ] I have energy but nowhere to aim it

03

What's actually in the way?

Not the excuse. The real thing. Fear of commitment? Too many options? Needing permission?

04

What I don't want to still be saying in 12 months

What phrase, situation, or feeling do you refuse to carry into next year?

05

If I could only aim at one thing, it would be...

Not a plan or a goal with milestones. A direction. A single point to orientate yourself towards that feels true.

This is your starting line. Coaching doesn't tell you where to go. It helps you see clearly enough to choose.
Book your first session

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