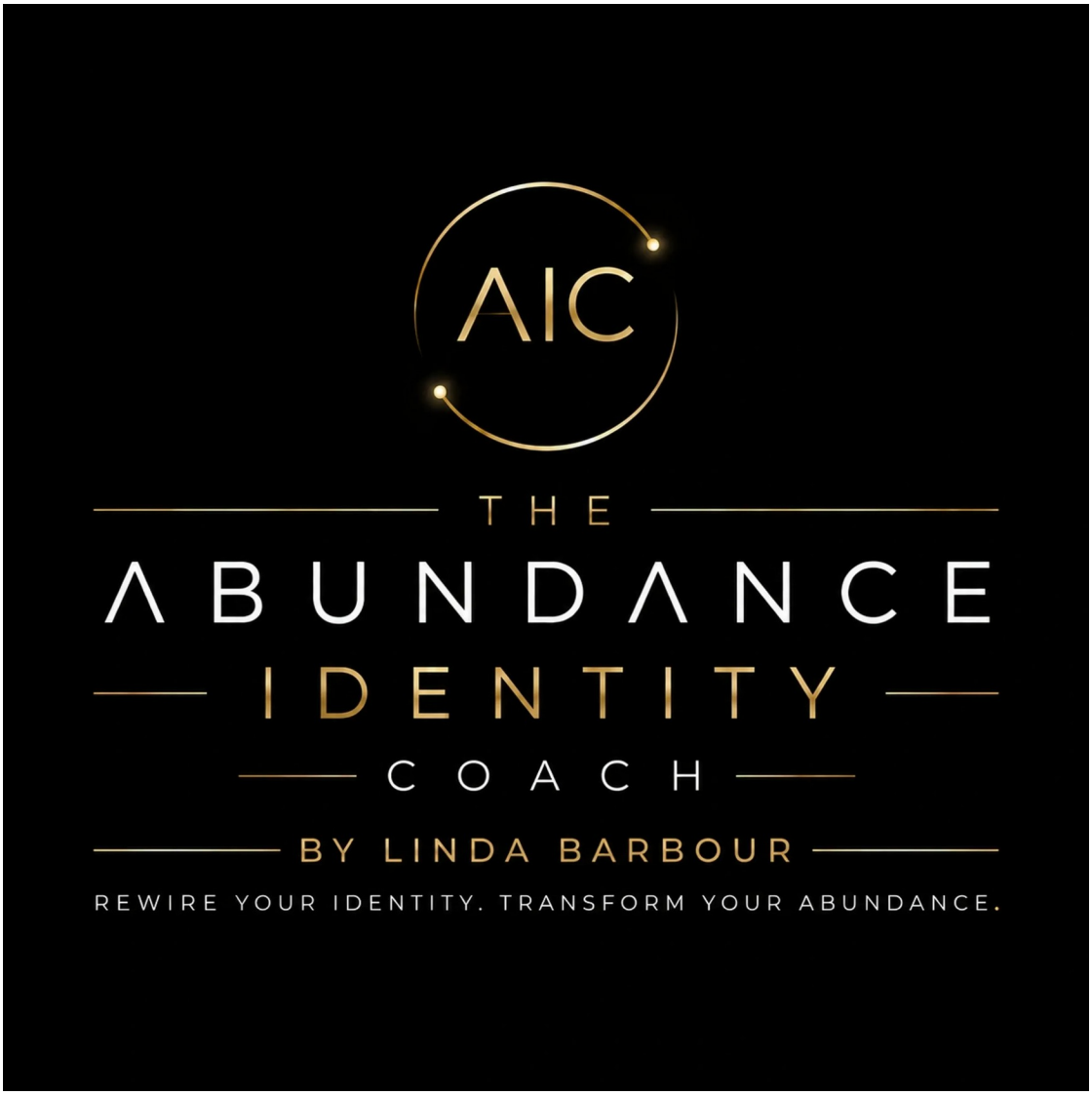

MEMBER USER MANUAL

Getting Started • Features • How-To • 100 Real-Life Coaching Prompts

“God is within her, she will not fail.”

Psalm 46:5

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WELCOME TO AIC

Welcome to the Abundance Identity Coach (AIC) - your personalized, faith-centered coaching space designed to help you think clearly, grow intentionally, and move forward one conversation at a time.

START HERE

You do not need special words or perfect prompts to use AIC. Talk naturally. Tell AIC what is happening, what you are thinking, what you want, or where you feel stuck. Your coaching conversation can begin right there.

What this manual will help you do

- Understand the features included in your AIC experience.
- Know where to begin when you first sign in.
- Use AIC for clarity, mindset, faith, purpose, goals, relationships, family, finances, wellness, work, business, and everyday decisions.
- Get more useful coaching by giving context and continuing the conversation.
- Use 100 real-life scenarios when you need an idea for what to say.

Your first three steps

1. Complete your Know Me experience so AIC can begin learning what matters to you.

2. Start your first coaching conversation with something real that is happening in your life today.

3. Before you leave, identify one next step you are willing to take.

REMEMBER

AIC is designed to support your growth, not to make decisions for you. You remain in charge of your choices, actions, relationships, health, finances, and life.

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A LETTER FROM THE FOUNDER

Welcome to AIC.

I created the Abundance Identity Coach because I believe meaningful coaching should be available in the moments when you actually need it - when you are making a decision, questioning yourself, trying to move an idea forward, working through a pattern, setting a goal, or simply needing a place to think out loud.

AIC was designed to give you a personalized, faith-centered space where you can slow down, get clear, recognize what may be possible, and identify your next step. You do not have to arrive with the right question. You only have to arrive as you are.

Use AIC often. Bring the real situations. Share the goals that matter to you. Return when something changes. Celebrate your progress. Be honest when you feel stuck. The more context you give your coach, the more useful your conversations can become.

Most importantly, remember that AIC is a tool to support the woman you are becoming. It is not here to replace your faith, your wisdom, your relationships, or your responsibility for your own decisions. It is here to help you think, reflect, plan, and move forward with greater clarity and intention.

I am so glad you are here. My hope is that AIC becomes a trusted place you can return to whenever you need support figuring out what comes next.

With abundance,

Linda Barbour

Founder, Abundance Identity Coach

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AIC FEATURES AT A GLANCE

AIC is more than a single coaching chat. These features work together to help your coaching experience become more personal, useful, and connected over time.

FEATURE	WHAT IT DOES
Coaching Conversations	Talk through decisions, goals, challenges, ideas, patterns, relationships, mindset, faith, and everyday life. Ask follow-up questions and continue until you have clarity and an actionable next step.
Know Me	Your onboarding conversation. It helps AIC learn the goals, priorities, preferences, and context you choose to share so your coaching can feel more personal from the beginning.
Personal Flourish Profile™	An evolving picture of what matters to you - including goals, priorities, patterns, commitments, progress, and other useful context you voluntarily share.
Goals	Capture what you are working toward so your coaching can stay connected to the outcomes that matter to you.
Commitments	Turn insight into action by identifying what you have decided to do next and what you want to follow through on.
Progress	Recognize movement, completed actions, changes, and momentum instead of focusing only on what is unfinished.
Breakthroughs	Notice important shifts in thinking, behavior, confidence, clarity, or direction that you may want to remember.
Personalized Next-Best Step™	Helps bring your coaching back to a practical next action based on your current conversation, goals, and context.
My Declarations	A place to reinforce intentional, faith-centered declarations and return to the truths and mindsets you want to keep in front of you.
AIC Radio & Affirmation Beats	Audio encouragement and mindset reinforcement you can use when you want a reset, encouragement, focus, or a positive faith-centered atmosphere.
Conversation Continuity	Return to AIC and continue building from context rather than treating every coaching moment as if it is the first one.

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FEATURE	WHAT IT DOES
Account Controls	Use your account tools for sign-in, password recovery, logout, and other basic membership access needs.

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HOW TO USE AIC

AIC works best when you treat it like a real coaching conversation, not a search box. You can begin with a sentence, a question, a situation, or even “I do not know where to start.”

1. Start with what is real

Tell AIC what is happening now. Include the situation, what you are feeling or thinking, and what you want help figuring out.

2. Give useful context

Names are not required, but context is. Explain what has already happened, what you have tried, what matters most, and any boundaries or values you want considered.

3. Ask to be coached

You can ask AIC to help you think, ask you questions, identify patterns, brainstorm options, create a plan, prepare for a conversation, or hold you accountable to a next step.

4. Keep talking

Your first answer does not have to be the end. Say “go deeper,” “ask me another question,” “that does not fit,” or “help me look at this another way.”

5. End with action

Ask: “What is my next-best step?” or “Help me turn this into one thing I can do today.”

6. Return and update

Come back and tell AIC what happened. Progress, setbacks, changed circumstances, and new decisions all give your coaching useful context.

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USING YOUR AIC FEATURES

Know Me

Use it early. Share what you want AIC to understand about your current season, goals, priorities, coaching preferences, and what you are working toward. Update the context naturally as life changes.

Personal Flourish Profile™

Think of this as the context behind your coaching. You do not have to manage it like a résumé. Share meaningful information in conversation and use AIC to reflect on patterns, priorities, and growth.

Goals & Commitments

Make goals specific enough to act on. After a coaching conversation, name the commitment you are making. Return to report what happened and adjust when needed.

Progress & Breakthroughs

Do not wait for a huge finish line. Ask AIC to help you notice evidence of progress, changes in thinking, stronger boundaries, completed actions, or moments when you responded differently.

Personalized Next-Best Step™

Use this when you have too many possible actions. Ask AIC to help identify the most useful next move based on what you are trying to accomplish right now.

My Declarations

Create declarations that reinforce truth, identity, faith, courage, discipline, abundance, or the mindset you are intentionally developing. Return to them when you need reinforcement.

AIC Radio & Affirmation Beats

Use audio intentionally: during a morning reset, before focused work, after a difficult day, while preparing for an important conversation, or whenever you want encouragement and mindset reinforcement.

Coaching Conversations

Bring the unfinished thought. AIC can help you clarify it. You can ask for questions instead of advice, options instead of answers, a plan instead of motivation, or reflection instead of action.

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GETTING BETTER COACHING FROM AIC

Be specific when you can

“I feel stuck” is enough to begin. But “I feel stuck because I have three options and I am afraid of choosing the wrong one” gives AIC more to work with.

Say what kind of help you want

Try: “Ask me questions before giving suggestions,” “Help me make a plan,” “Challenge my thinking,” or “I need encouragement before strategy.”

Correct what does not fit

If AIC misunderstands, say so. Your correction is useful context. Try: “That is not quite it. The real issue is…”

Ask for smaller steps

When a plan feels overwhelming, ask AIC to reduce it to the smallest meaningful next action.

Use follow-up conversations

Return after the meeting, decision, deadline, conversation, or action. Tell AIC what happened and decide what comes next.

Use your own voice

You never need “perfect AI prompts.” Speak the way you naturally speak. The examples in this manual are starting points, not scripts you must follow.

Easy ways to continue any conversation

- “Ask me three questions that will help me get clearer.”
- “Go deeper. What might I be overlooking?”
- “Help me separate facts from assumptions.”
- “Give me three options and help me think through each one.”
- “What pattern do you hear in what I am saying?”
- “Turn this into a simple plan for this week.”
- “What is one next step I can take today?”

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100 REAL-LIFE COACHING PROMPTS

Use these prompts when you want help getting a conversation started. You can copy them exactly, change the wording, or simply use the scenario title to tell AIC what is happening in your own words.

THESE ARE STARTING POINTS

You never have to use a scripted prompt. AIC can begin with “I need to talk something through,” “I am stuck,” “I am excited but nervous,” or whatever is true for you in the moment.

The library is organized into 10 sections with 10 real-life scenarios in each section.

01. Clarity & Decisions

02. Mindset & Confidence

03. Faith & Purpose

04. Goals, Habits & Accountability

05. Relationships & Boundaries

06. Family & Caregiving

07. Money & Abundance Mindset

08. Wellness, Energy & Balance

09. Work, Business & Ideas

10. Transitions, Setbacks & Next Chapters

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SECTION 01 • CLARITY & DECISIONS

Real-Life Coaching Prompts 1-5 of 10

001. When everything feels equally urgent

Try saying: “I have several things competing for my attention and everything feels urgent. Help me sort what truly needs my attention first and what can wait.”

002. When you keep second-guessing yourself

Try saying: “I have been going back and forth about a decision. Coach me through what I know, what I am afraid of, and what matters most so I can get clearer.”

003. When you have too many good options

Try saying: “I have several good options and that is making the decision harder. Help me compare them based on my priorities, values, and current season.”

004. When you need to make a decision quickly

Try saying: “I need to make a decision soon. Help me identify the most important information, risks, and questions I need to consider without overthinking it.”

005. When you are afraid of making the wrong choice

Try saying: “I am worried I will regret this decision. Help me distinguish reasonable caution from fear and think through what I can control.”

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SECTION 01 • CLARITY & DECISIONS

Real-Life Coaching Prompts 6-10 of 10

006. When someone else's opinion is clouding yours

Try saying: "I can hear everyone else's opinions so loudly that I am not sure what I think anymore. Help me separate their expectations from my own values and priorities."

007. When the answer seems obvious but you resist it

Try saying: "Part of me thinks I already know what I need to do, but I keep resisting it. Help me explore what might be underneath that resistance."

008. When you need to choose what not to do

Try saying: "I cannot do everything I am considering. Help me decide what to pause, decline, delegate, or remove so I can protect what matters most."

009. When a decision affects other people

Try saying: "This decision affects people I care about. Help me think through my responsibility to them without ignoring my own needs and values."

010. When you want a next step, not a full plan

Try saying: "I do not need the whole answer today. Based on what I have shared, help me identify the one next step that would create the most clarity."

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SECTION 02 • MINDSET & CONFIDENCE

Real-Life Coaching Prompts 1-5 of 10

011. When your inner critic is loud

Try saying: “My inner critic is louder than my confidence today. Help me identify what it is saying, test whether it is true, and replace it with a healthier perspective.”

012. When you feel like you are not enough

Try saying: “I am questioning whether I am capable enough for what is in front of me. Help me separate insecurity from evidence and remember what I already bring to the situation.”

013. When comparison steals your focus

Try saying: “I keep comparing my progress to someone else’s. Help me return my attention to my own path, priorities, and next step.”

014. When you are waiting to feel ready

Try saying: “I keep telling myself I will act when I feel more ready. Help me identify what readiness actually requires and what I can begin before I feel completely confident.”

015. When one mistake feels bigger than it is

Try saying: “I made a mistake and I am letting it define the whole situation. Help me learn from it without turning it into an identity statement.”

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SECTION 02 • MINDSET & CONFIDENCE

Real-Life Coaching Prompts 6-10 of 10

016. When you need courage before a big move

Try saying: “I know what I want to do, but I am nervous. Help me prepare mentally and practically so I can move with courage instead of waiting for fear to disappear.”

017. When you are discounting your progress

Try saying: “I keep focusing on how far I have to go. Help me identify evidence that I have grown, changed, or made progress already.”

018. When you are taking rejection personally

Try saying: “Something did not work out and I am taking it as a statement about my worth. Help me process the disappointment without making it mean more than it does.”

019. When perfectionism is slowing you down

Try saying: “I keep improving, revising, or delaying because I want this to be perfect. Help me define what “good and ready” looks like so I can move.”

020. When you want to strengthen self-trust

Try saying: “I want to trust myself more. Help me identify where I already make sound decisions and what practices could help me build stronger self-trust.”

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SECTION 03 • FAITH & PURPOSE

Real-Life Coaching Prompts 1-5 of 10

021. When you are praying but still uncertain

Try saying: “I have been praying about this, but I still do not know what to do. Help me reflect on my values, responsibilities, options, and what wise next steps I can take while I continue seeking God.”

022. When you feel disconnected spiritually

Try saying: “I feel spiritually disconnected right now. Help me think about what has changed and identify a simple way to intentionally reconnect with my faith practices.”

023. When you are questioning your purpose

Try saying: “I am wondering what my purpose looks like in this season. Ask me questions about what matters to me, what I am drawn to, and where I may already be making an impact.”

024. When your season has changed

Try saying: “What used to feel purposeful no longer fits the season I am in. Help me explore what may be changing without assuming I have lost my purpose.”

025. When you need faith and practical action

Try saying: “I want to trust God and also take responsibility for what I can do. Help me separate what I need to pray about, what I need to prepare for, and what I can act on now.”

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SECTION 03 • FAITH & PURPOSE

Real-Life Coaching Prompts 6-10 of 10

026. When you feel behind

Try saying: “I feel like I should be further along by now. Help me challenge that timeline and focus on what faithfulness and progress look like in my actual season.”

027. When a dream feels too big

Try saying: “I have a dream that feels much bigger than my current resources or experience. Help me honor the vision while identifying a practical first step.”

028. When you need to discern motivation

Try saying: “I want to pursue this opportunity, but I want to understand why. Ask me questions that help me examine whether I am being driven by purpose, pressure, fear, ego, or genuine desire.”

029. When you want your choices aligned with your values

Try saying: “Help me look at this decision through the values and faith principles I say matter most to me. Where might there be alignment or tension?”

030. When you need encouragement to keep going

Try saying: “I am tired and discouraged, but this still matters to me. Help me reconnect with why I started and identify a sustainable way to keep moving.”

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SECTION 04 • GOALS, HABITS & ACCOUNTABILITY

Real-Life Coaching Prompts 1-5 of 10

031. When a goal is too vague

Try saying: “I know what I want generally, but my goal is too vague to act on. Help me turn it into a clear outcome and a realistic first milestone.”

032. When you keep procrastinating

Try saying: “I keep putting off something I know I need to do. Help me figure out whether the issue is fear, confusion, overwhelm, lack of interest, or something else - then help me choose one action.”

033. When you start strong and stop

Try saying: “I tend to get excited, start strong, and lose momentum. Help me identify what usually breaks down and design a simpler way to stay consistent.”

034. When your plan is unrealistic

Try saying: “My plan looks good on paper, but I am not following it. Help me adjust it to fit my real schedule, energy, and responsibilities.”

035. When you need accountability

Try saying: “I am committing to this goal. Help me define exactly what I will do, by when, and what I should report back to you when I return.”

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SECTION 04 • GOALS, HABITS & ACCOUNTABILITY

Real-Life Coaching Prompts 6-10 of 10

036. When you missed your own deadline

Try saying: “I missed the deadline I set for myself. Help me review what happened without shaming myself, decide what needs to change, and set a new realistic commitment.”

037. When you want to build a habit

Try saying: “I want to make this behavior more consistent. Help me choose a small version of the habit, identify a trigger, and decide how I will track follow-through.”

038. When you have too many goals

Try saying: “I have too many goals at once. Help me choose which one deserves primary focus right now and what can become secondary or wait.”

039. When motivation is low

Try saying: “I am not motivated today, but I still want to make progress. Help me choose an action small enough to do without relying on motivation.”

040. When you want to review the week

Try saying: “Coach me through a weekly review: what I completed, what I avoided, what I learned, what changed, and what my priorities should be next week.”

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SECTION 05 • RELATIONSHIPS & BOUNDARIES

Real-Life Coaching Prompts 1-5 of 10

041. When you need to have a hard conversation

Try saying: “I need to have a difficult conversation with someone I care about. Help me clarify what I need to communicate and how I can approach it calmly and respectfully.”

042. When you need a boundary

Try saying: “I think I need a boundary in this relationship, but I am not sure what it should be. Help me identify what behavior or situation is affecting me and what a reasonable boundary could sound like.”

043. When guilt makes boundaries difficult

Try saying: “I know I need to say no, but I feel guilty. Help me distinguish guilt from responsibility and prepare a respectful response.”

044. When you are carrying someone else’s emotions

Try saying: “I am taking responsibility for how another person feels. Help me identify what belongs to me and what belongs to them.”

045. When you feel unheard

Try saying: “I do not feel heard in this relationship. Help me prepare to explain what I need without attacking or assuming the other person’s motives.”

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SECTION 05 • RELATIONSHIPS & BOUNDARIES

Real-Life Coaching Prompts 6-10 of 10

046. When conflict keeps repeating

Try saying: “We keep having versions of the same conflict. Help me identify the pattern, my part in it, and one thing I could do differently next time.”

047. When you need to apologize

Try saying: “I need to apologize for something. Help me take responsibility clearly without making excuses or turning the apology into a defense of myself.”

048. When you are deciding whether to address something

Try saying: “Something bothered me, but I do not know whether it needs a conversation. Help me think through the impact, pattern, relationship, and likely benefit of addressing it.”

049. When you want to support someone without fixing them

Try saying: “Someone I love is struggling and I immediately want to solve it. Help me think about how I can support them without taking over their responsibility.”

050. When a relationship is changing

Try saying: “This relationship is changing and I am having a hard time adjusting. Help me process what I am losing, what may be changing, and how I want to show up in this new season.”

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SECTION 06 • FAMILY & CAREGIVING

Real-Life Coaching Prompts 1-5 of 10

051. When your child needs support

Try saying: “My child is dealing with something difficult. Coach me on how I can listen, ask helpful questions, and support them without immediately trying to control the outcome.”

052. When you disagree with an adult child

Try saying: “My adult child is making a choice I would not make. Help me think through how to express care and wisdom while respecting that the decision is theirs.”

053. When family responsibilities feel heavy

Try saying: “I am carrying a lot for my family and I am exhausted. Help me identify what truly requires me, what can be shared, and where I may need support or boundaries.”

054. When you are caught between family members

Try saying: “Two people I love are in conflict and I feel caught in the middle. Help me decide what role is actually mine and how to avoid becoming responsible for resolving their relationship.”

055. When you need to ask family for help

Try saying: “I need help, but I am used to being the one who handles things. Help me identify what I can ask for and how to make the request clearly.”

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SECTION 06 • FAMILY & CAREGIVING

Real-Life Coaching Prompts 6-10 of 10

056. When family expectations conflict with your needs

Try saying: “My family expects something from me that does not work for me right now. Help me think through a respectful response that honors both the relationship and my limits.”

057. When you want to encourage without pressuring

Try saying: “Someone in my family has a goal I want to support. Help me think of ways to encourage them without making my expectations part of their goal.”

058. When caregiving leaves little room for you

Try saying: “Caregiving is taking most of my energy. Help me identify one realistic way to care for myself without pretending I have unlimited time or resources.”

059. When you are worried about someone you love

Try saying: “I am worried about someone I love and my mind keeps going to worst-case scenarios. Help me separate what I know, what I fear, and what supportive action is actually available to me.”

060. When you want a healthier family pattern

Try saying: “There is a family pattern I do not want to keep repeating. Help me identify what I can personally change and one new response I can practice.”

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SECTION 07 • MONEY & ABUNDANCE MINDSET

Real-Life Coaching Prompts 1-5 of 10

061. When money anxiety takes over

Try saying: “I am feeling anxious about money. Help me separate the actual financial facts from fear, identify what needs attention, and choose a practical next step.”

062. When you avoid looking at your finances

Try saying: “I have been avoiding my financial situation because it makes me uncomfortable. Help me create a calm, simple first step for facing the numbers without spiraling.”

063. When you want to think more abundantly

Try saying: “I notice scarcity thinking showing up in how I am approaching money and opportunity. Help me identify the thought pattern and replace it with a grounded abundance perspective plus practical action.”

064. When you receive unexpected money

Try saying: “I received money I was not expecting. Help me think intentionally about my priorities, responsibilities, generosity, and goals before I decide what to do with it.”

065. When you are considering a large purchase

Try saying: “I am considering a significant purchase. Help me think through why I want it, what it would change, what tradeoffs it creates, and what information I need before deciding.”

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SECTION 07 • MONEY & ABUNDANCE MINDSET

Real-Life Coaching Prompts 6-10 of 10

066. When you feel guilty wanting more

Try saying: “Part of me wants greater financial abundance, and another part feels guilty about that desire. Help me explore the beliefs underneath that tension and define what abundance means to me.”

067. When your income goal feels intimidating

Try saying: “I have a financial goal that feels much larger than what I have done before. Help me break it into assumptions, opportunities, actions, and milestones I can evaluate.”

068. When you need a money conversation

Try saying: “I need to discuss money with someone important to me. Help me clarify the facts, my concerns, what outcome I want, and how to keep the conversation constructive.”

069. When comparison affects your money mindset

Try saying: “Seeing other people’s success is making me feel behind financially. Help me return to my own goals, resources, responsibilities, and opportunities.”

070. When you want generosity to be intentional

Try saying: “Generosity matters to me. Help me think about how I can make giving an intentional part of my life without treating generosity as a transaction or ignoring my responsibilities.”

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SECTION 08 • WELLNESS, ENERGY & BALANCE

Real-Life Coaching Prompts 1-5 of 10

071. When you are running on empty

Try saying: “I feel depleted and everything feels harder because of it. Help me identify what is draining me and one realistic way to reduce the load or restore some energy today.”

072. When your schedule has no margin

Try saying: “My calendar is packed and I have no breathing room. Help me review what is essential, what can move, and what I may need to stop agreeing to.”

073. When you want a healthier routine

Try saying: “I want a healthier daily routine, but I need it to fit my actual life. Help me choose a few realistic habits around sleep, movement, food, rest, or stress management to discuss and implement responsibly.”

074. When you are ignoring rest

Try saying: “I keep treating rest like something I have to earn. Help me examine that belief and create a healthier way to include recovery in my schedule.”

075. When stress is affecting your choices

Try saying: “I am under stress and I can tell it is affecting how I am responding to people and decisions. Help me slow down and identify what needs attention first.”

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SECTION 08 • WELLNESS, ENERGY & BALANCE

Real-Life Coaching Prompts 6-10 of 10

076. When you need to prepare for a medical appointment

Try saying: “I have a health concern I need to discuss with a clinician. Help me organize my symptoms, questions, timeline, and concerns so I can communicate clearly at the appointment.”

077. When you are trying to change too much at once

Try saying: “I want to improve several areas of my wellness at the same time. Help me choose one or two behaviors to focus on first so I do not create an unsustainable plan.”

078. When you need permission to pause

Try saying: “I feel like pausing means I am falling behind. Help me think through whether a pause could actually protect my energy, quality, or long-term progress.”

079. When your environment is affecting you

Try saying: “My surroundings are making it harder to focus or feel settled. Help me identify one small environmental change that could support the way I want to feel and function.”

080. When you want better balance

Try saying: “I do not expect perfect balance, but something feels consistently neglected. Help me look across the major areas of my life and decide where a small shift would make the biggest difference.”

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SECTION 09 • WORK, BUSINESS & IDEAS

Real-Life Coaching Prompts 1-5 of 10

081. When you have a business idea

Try saying: “I have a business idea and I need help thinking it through. Ask me questions about the problem it solves, who it serves, what I would offer, and what I need to validate before investing heavily.”

082. When you have too many ideas

Try saying: “I have more ideas than I can execute. Help me evaluate them by alignment, impact, effort, timing, and what I am already committed to.”

083. When you need to price your work

Try saying: “I am thinking about pricing an offer. Help me identify the factors I should consider - value, costs, time, positioning, market information, and sustainability - so I can make an informed decision.”

084. When you are afraid to promote yourself

Try saying: “I believe in what I offer, but I feel uncomfortable talking about it publicly. Help me identify what feels uncomfortable and find a way to communicate the value naturally.”

085. When a launch is not going as planned

Try saying: “My launch or promotion is not getting the response I expected. Help me review what we know, what we do not know, and what I can test or adjust before assuming the offer is the problem.”

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SECTION 09 • WORK, BUSINESS & IDEAS

Real-Life Coaching Prompts 6-10 of 10

086. When work is consuming everything

Try saying: “My work or business is taking over too much of my life. Help me identify what is truly required, what I am choosing, and what boundaries or systems could create more space.”

087. When you need to prepare for a meeting

Try saying: “I have an important meeting coming up. Help me define the outcome I want, the points I need to communicate, the questions I should ask, and how I want to show up.”

088. When you are considering an opportunity

Try saying: “I have been offered an opportunity and I am excited, but I want to evaluate it carefully. Help me think through alignment, time, money, visibility, relationships, risk, and opportunity cost.”

089. When you need to delegate

Try saying: “I am holding work that someone else may be able to do. Help me identify what I should keep, what I could delegate, and what instructions or standards would make delegation successful.”

090. When you need a 30-day plan

Try saying: “I know what I want to accomplish in the next month. Help me turn it into a focused 30-day plan with priorities, weekly milestones, and the first actions to take.”

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SECTION 10 • TRANSITIONS, SETBACKS & NEXT CHAPTERS

Real-Life Coaching Prompts 1-5 of 10

091. When life did not go according to plan

Try saying: “Something I expected did not happen. Help me process the disappointment, identify what is still true, and decide what I can do next.”

092. When you are starting over

Try saying: “I am beginning again in an area of my life and I feel both hopeful and discouraged. Help me identify what I am carrying forward, what I want to leave behind, and my first step.”

093. When an ending is creating uncertainty

Try saying: “Something important is ending and I do not yet know what comes next. Help me make room for the transition while identifying what I need to stabilize right now.”

094. When you have outgrown something

Try saying: “Something that once fit me no longer does. Help me explore what has changed, what I have learned, and what I may need to release or redesign.”

095. When a setback shakes your confidence

Try saying: “A setback has made me question whether I should keep going. Help me evaluate what the setback actually tells me and what it does not tell me.”

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SECTION 10 • TRANSITIONS, SETBACKS & NEXT CHAPTERS

Real-Life Coaching Prompts 6-10 of 10

096. When you need to adapt the plan

Try saying: “The original plan no longer fits because circumstances changed. Help me preserve the goal if it still matters while redesigning the path.”

097. When you are entering a new season

Try saying: “I am entering a new season of life and want to be intentional about it. Ask me questions about what I want more of, less of, and what I want this season to stand for.”

098. When you need closure without all the answers

Try saying: “I may not get every answer or apology I want. Help me think about what closure could look like if it has to come from my own choices and acceptance.”

099. When you are rebuilding momentum

Try saying: “I have been off track for a while. Help me restart without trying to make up for everything at once.”

100. When you want to define what comes next

Try saying: “I am ready for a new chapter, but I do not want to rush into the first available thing. Help me define what I want the next chapter to include and what I am no longer willing to carry forward.”

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COACHING BOUNDARIES & RESPONSIBLE USE

AIC is a coaching and personal-development resource. It can help you reflect, organize your thinking, explore options, prepare questions, identify next steps, and stay connected to your goals. It is not a replacement for qualified professional care or emergency services.

Medical & mental health

AIC does not diagnose or treat medical or mental health conditions. Use licensed healthcare professionals for diagnosis, treatment, medication, or clinical care. In an emergency or crisis, contact appropriate emergency or crisis resources.

Legal matters

AIC can help you organize questions or think through general considerations, but it is not a lawyer and does not provide legal advice. Use a qualified attorney for legal decisions.

Financial matters

AIC can help you clarify goals, questions, habits, and decision factors, but it is not a licensed financial professional. Use qualified professionals for individualized investment, tax, accounting, or regulated financial advice.

Relationships & other people

Use AIC to coach you on how you want to communicate, respond, set boundaries, or support someone. AIC should not be treated as a substitute for another person’s own professional care or decision-making.

Your decisions remain yours

AIC can help you think through choices. You remain responsible for deciding what is right for you and for verifying important information before acting.

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MEMBER SUPPORT

If you have a technical or account-access problem, use the support/contact option provided with your AIC membership or through LindaBarbour.com. For the fastest help, describe what you were trying to do, what happened, and any error message you saw.

Before requesting support

- Confirm you are using the email address associated with your membership.
- Try password recovery if you cannot sign in.
- Refresh the page or sign out and back in if a feature does not appear to update.
- If possible, include a screenshot of the issue without sharing passwords or other sensitive credentials.

YOUR NEXT STEP

Open AIC and start one real conversation. You do not need to work through this manual first. Choose the situation that matters most today and begin there.

A simple first message

“Here is what is going on in my life right now, and I need help figuring out what to do next…”

LindaBarbour.com

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