ASKAMANDADANIELLE / COACHING WORKBOOK

Passion & Purpose

Turning your thoughts into reality

Find clarity. Reconnect with what matters. Create your next chapter with intention.

THE B.I.T.C.H METHOD™

Breaking Internal Trauma. Creating Healing.

Amanda Danielle | Trauma & Life Rebuild Strategist

YOUR PASSION & PURPOSE

Use these reflection questions to explore where you are, what matters, and what comes next. Take your time and answer with honesty.

01 / CURRENT REALITY

- What is your current role and industry?
- How long have you been in this field?
- What originally drew you to this career?
- On a scale of 1–10, how satisfied are you right now?
- What feels misaligned or draining?

02 / THE CATALYST

- What prompted you to consider a change now?
- Was there a specific event, burnout moment, or realization?
- How long have you been thinking about this shift?
- What happens if you don’t make a change?

03 / IDENTITY & VALUES

- What are your top 5 core values?
- What does success mean to you now (not 5 years ago)?
- How do you want your work to feel?
- Who are you becoming in this season of life?
- Does your current career reflect that version of you?

04 / STRENGTHS & NATURAL WIRING

- What do people consistently come to you for?
- What feels easy for you but hard for others?
- What accomplishments are you most proud of?
- What environments do you thrive in? (structured, creative, autonomous, fast-paced, etc.)
- If money wasn't a factor, what would you pursue?

05 / PRACTICAL READINESS

- What financial obligations must be considered?
- Do you have savings or a runway for transition?
- Are you open to a phased/bridge approach?
- What skills would need upgrading?
- What is your timeline for change?

06 / FEAR, RESISTANCE & RISK

- What scares you most about changing careers?
- What is the worst-case scenario in your mind?
- What would your family/partner say?
- What limiting beliefs might be holding you back?
- How do you typically handle uncertainty?

07 / VISION & FUTURE MAPPING

- Describe your ideal workday 3–5 years from now.
- Who are you helping?
- What income level feels aligned?
- What lifestyle do you want your career to support?
- What legacy do you want to build?

08 / COMMITMENT & COACHING EXPECTATIONS

- Why now?
- What support are you hoping to receive?
- What does accountability look like for you?
- Are you ready to take uncomfortable action?
- What would make this coaching experience successful?

Your next chapter begins with one honest decision.

Explore coaching at www.askamandadanielle.com

Amanda Danielle

Author of B.I.T.C.H Speak Your Truth ~ Discover Your Inner Peace

Speaker | Coach | Therapist | Trauma & Life Rebuild Strategist