

# 5 Questions to Ask Yourself at the Beginning of a Self Coaching Session



1.

Do I have enough time  
available for this self coaching  
session today?

So I'm not rushing/ putting myself under pressure/ trying to fit too much into  
the time I've got available...



2.

Am I in the right headspace to  
do this session today?

If you need some help with this, have a look in **TOOLS & RESOURCES**



3.

What do I want to focus on  
today?



4.

What do I want to get out of  
this session today?



5.

How do I want to be feeling  
when I leave this session today?

