# Introduction

Welcome to *Start with Awareness*: A Pre-Coaching Curiosity Guide, a quick, thoughtful tool designed to help you explore your goals, values, and self-awareness before beginning your coaching journey. Whether you’re just curious about coaching or ready to take the next step, this guide will help you uncover what matters most and what’s shaping your current situation.

In about 15 minutes, you’ll engage in honest reflections that spark curiosity and open the door to clarity and meaningful change. Remember, there are no right or wrong answers here, just your unique perspective.

To get the most from this guide, here are a few tips on how to approach the reflection process:

* Set aside dedicated time and a quiet space. Plan for about 15–20 minutes where you won’t be interrupted, so you can reflect fully without distraction.
* Approach the exercises with curiosity and openness. This is a chance to explore your thoughts honestly, without judgment or pressure.
* Write your reflections down. Using a journal or digital device helps deepen your awareness and creates a record you can revisit or share with your coach.
* Be gentle with yourself. Some questions might bring up unexpected feelings or insights. That’s okay, reflection is a process, not a destination.
* Revisit the guide as your journey evolves. Self-awareness grows over time, so feel free to return to these reflections as new challenges or goals emerge.
* If you decide to explore coaching, these reflections can be a powerful starting point for your conversations.

By taking this time for self-discovery, you are laying a strong foundation for your coaching experience or any meaningful change you wish to make.

## 1. Life Quality: A Holistic View

Understanding the different aspects of your life can help you identify areas of satisfaction and those needing improvement.

Describe your quality of life from four key perspectives: work, spare time, health, and family/relationships.

**Work:**

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**Spare Time:**

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**Health:**

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**Family/Relationships:**

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## 2. Existential Reflection

Reflecting on your life journey and current situation can provide insights into your values, motivations, and dreams.

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What am I doing today?

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How do I live my life?

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What is good?

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What are my needs?

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What is important to me?

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What motivates me?

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What are my credentials?

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What kind of life quality do I want?

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What is my innermost dream?

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## 4. Goal Setting

Setting clear goals can provide direction and motivation for your personal and professional growth.

What are my short-term goals (next 1-2 years)?

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What are my long-term goals (next 5-10 years)?

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## 5. SWOT Analysis

Identifying your strengths, weaknesses, opportunities, and threats can help you make informed decisions and strategic plans.

Strengths: What are my key strengths?

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Weaknesses: What areas do I need to improve?

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Opportunities: What opportunities are available to me?

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Threats: What challenges or threats might I face?

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## 6. Action Plan

Creating a detailed action plan can help you turn your goals into achievable steps.

What specific steps do I need to take to achieve my goals?

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What resources or support do I need?

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What is my timeline for achieving these steps?

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## 7. Reflection on Past Experiences

Reflecting on past experiences can provide valuable insights into your personal growth and development.

What past experiences have been most influential in shaping who I am today?

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What have I learned from these experiences?

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## 8. Feedback Section

Considering feedback from others can help you see yourself from different perspectives and identify areas for improvement.

What feedback have I received from others that I should take into consideration?

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How can this feedback help me improve and grow?

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## 12. Scale of Commitment

Assessing your level of commitment can help you understand your dedication to achieving your goals and identify areas where you may need additional support.

Reflect on your level of commitment to achieving the goals and changes you've identified in this workbook. Use the following scale to rate your commitment:

A blue and white text

AI-generated content may be incorrect.

For each of the goals or changes you've identified, rate your level of commitment:

**Goal/Change:** [Describe the goal or change]

* **Commitment Level:** [Rate from 1 to 10]

**Goal/Change:** [Describe the goal or change]

* **Commitment Level:** [Rate from 1 to 10]

**Goal/Change:** [Describe the goal or change]

* **Commitment Level:** [Rate from 1 to 10]

## 13. Reflection on Commitment

What factors influence your level of commitment to each goal or change?

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Are there any goals or changes where your commitment level is lower than you'd like? What might be causing this?

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What steps can you take to increase your commitment to these goals or changes?

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How can you maintain a high level of commitment over time?

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If this guide has sparked new insights or questions, let’s explore them together.  
You’re invited to book a [free discovery call](https://calendly.com/gilles-yp4/30min?month=2025-08), a relaxed, no-pressure conversation where we can reflect on what’s emerging for you, explore possibilities, and see how coaching might support your next steps.