

# PATHWAY TO *Strength*

MINI SELF-COACHING WORKSHEET

*Authenticity*

**GET HONEST WITH YOURSELF**

Where in my life am I not fully showing up as myself?

Action: One small step I can take today to honour my truth:

*Connection*

**RECONNECT WITH WHAT MATTERS**

Who or what do I need to connect with today - body, mind, others, nature, purpose?

Action: How will I nurture that connection?

*Courage*

**FACE THE UNCOMFORTABLE**

What am I avoiding or afraid to face right now?

Action: One bold step I can take to move through fear:

*Simplicity*

**STRIP BACK THE NOISE**

What's cluttering my mind, my space, or my energy?

Action: One thing I can simplify, release, or say no to:

## *Going Rogue* **CHOOSE YOUR OWN WAY**

Where could I break the rules or do things differently for myself?

Action: One small rebellious step to serve my growth:

### **REFLECTION**

What's shifting for me after completing this?

How will I notice the impact in my energy, mindset, or relationships?

## **Next Steps**

Book a coaching session to explore your insights, take aligned action, and step fully into your own strength.

[www.beingyou.nz](http://www.beingyou.nz)



When we live from our own strength, we change how we show up in the world — and that's how collective healing begins.

JORDAN SHEARER