LIFE COACHING MASTERY - DAY 01

Interactive Workbook

Complete this workbook as you work through Day 1. Fill it on screen (fillable PDF) or print it and write by hand. Your answers are yours — keep them in your course folder and revisit them at Day 15 to see how far you have come.

1 In two sentences: what is coaching? (No peeking at the lesson — your own words.)

Precision beats poetry here. Partnership? Who thinks? Who owns what?

2 Where does my advice-trap bite hardest? (Which moment, which kind of client, whi

3 My slip count from today's Question Storm mission — and what the trigger moment

4 Which of the 3 DNA elements (belief, curiosity, restraint) is my strongest — and

5 What do I want from this certification — for me, not just for clients? (One hone

H Tonight's Home Assignment — checklist

- [ ] Run the Question Storm mission (~10 min)

Ten minutes of pure questioning with a real person. Log your advice-slip count honestly.

- [ ] Write your definition card (~5 min)

One card: your own definition of coaching + the DNA element you most need to grow. Carry it all 24 days.

- [ ] Skim tomorrow (~2 min)

Read the Day 2 title and ask yourself: where do I fit in the coaching market? Bring one guess.

N Extra notes & ideas