

# 5

QUESTIONS

## TO ASK OURSELVES AFTER COACHING

# 1

## HOW AM I FEELING NOW?

**Take a few minutes to feel and recognize all the emotions to better understand where they are coming from and how you can deal with them accordingly.**

# 2

**WHAT DID I DISCOVER ABOUT  
MYSELF IN THE PROCESS?**

**You might be surprised by the new insights you can derive from conversations with your clients only if you keep your mind and heart open as you listen intentionally, bias-free.**

# 3

**WHAT MUST I COMPLIMENT MYSELF  
ON BASED ON TODAY'S SESSION?**

**Acknowledging your own wins can inspire  
you to keep going (and growing) in your  
practice.**

# 4

WHAT CAN I DO DIFFERENTLY THE  
NEXT TIME AROUND?

**Don't stress too much if you don't perform as well as you would have liked in a session. Simply take note of what you've learned and do better the next time.**

# 5

WHAT CAN HELP ME  
DECOMPRESS NOW?

Whether it means taking a walk, grabbing an ice cream, playing with your dog, or watching Netflix to take your mind off things, do it. You deserve it.

# WHAT DO YOU THINK?

Have you asked yourself these questions?



**Comment Below!**



**Share with a fellow coach in your industry.**