



# COACHING NOTES

## THE 5 PILLARS

### CAREER

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/ 10

- What's working?
  
  
  
  
  
  
  
  
  
  
- What's not working?
  
  
  
  
  
  
  
  
  
  
- Where would you like to be (rating wise) 3 months from now?
  
  
  
  
  
  
  
  
  
  
- What does that look like to you?
  
  
  
  
  
  
  
  
  
  
- What does a level 10 look like?



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### RELATIONSHIPS

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- What's working?
  
  
  
  
  
  
  
  
  
  
- What's not working?
  
  
  
  
  
  
  
  
  
  
- Where would you like to be (rating wise) 3 months from now?
  
  
  
  
  
  
  
  
  
  
- What does that look like to you?
  
  
  
  
  
  
  
  
  
  
- What does a level 10 look like?



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### HEALTH + WELLNESS

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- What's working?
  
  
  
  
  
  
  
  
  
  
- What's not working?
  
  
  
  
  
  
  
  
  
  
- Where would you like to be (rating wise) 3 months from now?
  
  
  
  
  
  
  
  
  
  
- What does that look like to you?
  
  
  
  
  
  
  
  
  
  
- What does a level 10 look like?



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### FINANCES

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/ 10

- What's working?
  
- What's not working?
  
- Where would you like to be (rating wise) 3 months from now?
  
- What does that look like to you?
  
- What does a level 10 look like?



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## THE 5 PILLARS

### LIFE EXPERIENCES

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- What's working?
  
  
  
  
  
  
  
  
  
  
- What's not working?
  
  
  
  
  
  
  
  
  
  
- Where would you like to be (rating wise) 3 months from now?
  
  
  
  
  
  
  
  
  
  
- What does that look like to you?
  
  
  
  
  
  
  
  
  
  
- What does a level 10 look like?

**SESSION NOTES**

**GROWTH WORK**

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**GROWTH WORK**

**PILLAR CHECK-IN**

*(Every 6 sessions)*

**Career**

1 2 3 4 5 6 7 8 9 10

**Finances**

1 2 3 4 5 6 7 8 9 10

**Health + Wellness**

1 2 3 4 5 6 7 8 9 10

**Life Experiences**

1 2 3 4 5 6 7 8 9 10

**Relationships**

1 2 3 4 5 6 7 8 9 10

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*(Every 6 sessions)*

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