



Step 2: Reflection Questions

Take a moment to think about your scores above and explore your thoughts more deeply:

1. Which areas stand out to you the most and why?

2. Where do you feel the biggest gap between your current and desired state?

3. What do you want to be different 3 months from now?

4. What would success look like at the end of our coaching journey?



✨ Step 3: Vision, Desires & Personal Insight ✨

Now, let's dream a little. These prompts invite you to connect with your inner compass — your desires, values, and how you'd love to be supported during our coaching journey.

1. Picture yourself as a 90-year-old person looking back at your life.

What would you have liked to have achieved so that you would consider your life fulfilling and with few regrets?

2. Do you have a secret passion that you wish you had done or could do? If so, what is it?

3. If fear, time, or money weren't holding you back, what would you be doing today?

4. What are 3 things you want to experience in your lifetime, no matter what?



5. In our coaching relationship, is there anything I need to know about you that would help our communication?

For example, do you prefer: Direct, bottom-line communication? Encouragement and nurturing support? Space to process and reflect?

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Thank you for completing your Life Alignment Assessment! Your reflections will guide our sessions and help us shape a coaching journey that aligns with your goals, values, and vision for the future.