



Self-coaching pocket guide

- COACH YOURSELF IN FIVE SIMPLE STEPS -



Welcome to Coach Thyself, and congratulations on getting your personal copy of our self-coaching pocket guide!

I believe that the best solutions are already inside you. But sometimes it can be tricky to access our inner knowledge. That's why I'd like to give you a method that allows you to connect to your goals and dreams, and gives you the opportunity to create your own path towards them.

With this guide, you can give it a try! Let me know how it went. You can find me on LinkedIn, or send an email to: evelyn@coach-thyself.de

The answer is inside you!

- Evelyn Janetzki, Founder of Coach Thyself

Hi, I'm Evelyn!



Identify your goal(s)

What are your best hopes for yourself?

Recommendations:

- Choose one goal for this exercise, even if you have many more on your mind. You can always repeat it later.
- Give yourself permission to dream big here – reach for the stars!

Supporting prompts (use as desired):

- Which version of myself do I want to be(come)?
- How would I like to feel?
- What would I like to walk away with from this session?
- If I had a genie in a bottle

Checklist

to make your goals work for you:

- I can achieve my goal on my own
- My goal is stated in present tense, as if it were already reality
- My goal is stated as a description
- My goal states what I want
- I can test / verify that I have reached my goal

Take a pen and a piece of paper to write down your goals

Use the checklist and prompts to fine-tune your statement(s)

Read everything out loud to see if it's aligned and complete

Dream big

What changes will you notice when you get there?

We're going on a trip together – to a place where you have reached all the goals you just set for yourself.

Imagine you wake up one morning, and you have become the exact version of yourself that you wished for. Whatever challenge you might face in your day, you feel equipped to handle it from this new frame of mind.

Are you there? Great! Let's take a look around to explore this wonderful place, and take notes of what we see.

Supporting prompts (use as desired):

- What did I do to facilitate these changes? How did I do that?
- What do others notice about me?
- What have I learned about myself?
- How do these changes feel?
Physically / emotionally

Capture your impressions in as much detail as possible

Read everything out loud to see if it feels complete

Search within yourself for anything to add. The best may come out last!

Locate yourself

What is telling you already today,
that you have it in you to reach your goals?

We are using a scale from 1 to 10 to discover where we are today:

- 10 represents complete achievement of your goal, it is the state we explored in the previous step
- 1 represents a very early stage in this journey, where you haven't seen much of goals implemented yet

My recommendation:

It is immensely helpful to feel out your position physically, for example with your finger, on a scale.

When you've found your position, turn your attention from there towards the low end of the scale.

Supporting prompts (use as needed):

- How do I know that I have already come this far?
- Which part of my ideal future do I already notice today?
- How do others notice that I've come this far already? Who notices this?
- How does it feel to have come this far already?

Create your own version of a scale from 1 to 10

Where are you today? Note down your number, and how you know you've come this far

How does it feel to be there? Note down your thoughts and feelings

Take a leap

How can you tell that you've come one step closer to achieving your goals?

We are using a scale from 1 to 10 to discover where we are today:

- 10 represents complete achievement of your goal, it is the state we explored in the previous step
- 1 represents a very early stage in this journey, where you haven't seen much of goals implemented yet

My recommendation:

It is immensely helpful to feel out your position physically, for example with your finger, on a scale.

When you've found your position, turn your attention from there towards the low end of the scale.

Supporting prompts (use as desired):

- How do you know you've moved up one step?
- What do you notice, that wasn't there before? What do you notice, that isn't there anymore, or has become less?
- How does that feel? Emotionally, but also physically?
- What do others notice about you, that tells them you've changed? Who notices this?
- What did you let go of to get here?

Use your scale from the previous exercise



Move slowly from your previous position to the next higher one



How does it feel to be there? Note down your thoughts and feelings

Your action plan

What do you need in order to take the next step?

Now we're about to take some action!

Supporting prompts (use as needed):

- What do you need to move a step closer to your goal?
- Who can support you in doing so?
- How does it feel to get support from them?

My recommendation: try to be as specific as possible, this greatly helps with the implementation.

Does your action plan feel complete and motivating?

Tips to make your action plan work for you:

- Contingency planning: in case something doesn't work as expected (life happens!), how do you want to deal with that? Make a "plan B"
- Vision board / visual reminder: visualize your goals / some steps on the way, using picture, drawings, a reminder of any kind, and place it where you frequently notice it (desktop / phone screen, bathroom mirror, ...)

Take a look at your notes from the previous step

What do you need to take the next step? Note down your ideas

Read it out loud – is there anything missing?

Last question:

**What is the smallest thing you can do
today to get started?**



Hey!
You just finished
coaching yourself...

Congratulations!

COACH
THYSELF



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