

Why You Feel Stuck

And Why It's Not Your Fault

This worksheet is a coaching tool to help you think forward. It is not therapy or counselling. Only share what feels comfortable. If you manage a long-term health condition, consult your GP for personal advice. There are no right or wrong answers.

Let's Start With the Positives

Before anything else, let's notice what IS working. This gives us a foundation to build on.

The parts of my working life I actually enjoy or feel good at are...

A moment at work when I felt proud, energised or in my element was...

The things people most often thank me for or come to me for are...

What's Prompting This?

No need to go into detail – just a light touch on what brought you here.

Something that made me think 'I need to look at this' was...

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If I could change one thing about my working life right now it would be...

Looking Forward

Coaching is about where you're going, not just where you've been.

In an ideal world my working life would feel more like...

Something I've always been curious about or wanted to explore in my career is...

If I knew it would work out I would love to...

Quick Check-In — Where am I now vs where I want to be?

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How I feel about my career right now	How I want to feel
Stuck	Clear
Drained	Energised
Uncertain	Confident
Going through the motions	Engaged and purposeful
Surviving	Thriving

My One Takeaway

The thing that landed most for me in Module 1 was...

My First Small Step

What's one tiny thing you could notice or try differently this week?

This week I am going to notice or try...

Well done — you're off to a great start. See you in Module 2!