



Keira Brown
Coaching

Self Coaching

How to Self Coach:

Use the first 5 prompts to fill out the following worksheet. Then use prompt 6 to further explore.

1. Start adding the facts in the Circumstance line. These are things that everyone would agree on or that you could prove in a court of law.
2. Write down your reaction or thought to the circumstance. **This should be one sentence.** Don't make it a compound sentence.
3. Write down one emotion or feeling that you have when you think the thought above. This will be one word not a sentence.
4. Write down what you did when you had this thought. What actions or inactions did you take? What was going on in your brain? What are you avoiding? What are you doing differently than you normally do? Etc.
5. Write down what result you are creating for yourself by taking these actions. This is all about you, not about other people. (Hint: It is usually some version of your thought.)
6. Now that you see your model, explore it. Did you know that was the result you are creating? What do you think about it? How could this be true? How could this be empowering in your life? Do you want to keep thinking this thought? There are no right or wrong answers. Just compassionately explore how your brain is protecting you by thinking this thought. This knowledge is power!



Keira Brown
Coaching

Self Coaching

Circumstance:

Thought:

Feeling:

Actions/In-actions:

Your Result: