

Client 1-on-1

Coach Prep – Tools & Resources You'll Need

Before your session, have these ready:

Name: _____

WHY: _____

HOW: _____

WHAT: _____

WHY.os Simple Statement:

I believe _____

HOW I do that is by _____

WHAT I ultimately bring is _____

Required Tools:

- One-Page overviews of their WHY, HOW, and WHAT
- Reflection questions list (below)
- WHY.os 7 Day Journal
- _____
- _____

Step 1: Say their WHY.os and simple statement to your client

Step 2: Have your client say their Simple WHY.os statements out loud.

Ask them, "How does that feel to you?"

Step 3: Hand over their **WHY** sheet and ask them what words or phrases stand out to them.

Note them:

Step 4: Hand over their **HOW** sheet and ask them what words or phrases stand out to them.

Note them:

Step 5: Hand over their **WHAT** sheet and ask them what words or phrases stand out to them.

Note them:

Step 6: What are their biggest strengths?

Note them:

Step 7: What are their biggest challenges?

Note them:

Step 8: Explain how their WHY, HOW, and WHAT fit together

How does it feel to them?

Step 9: What is a story of when they **WERE** living in alignment with their WHY.os?

Step 9: What is a story of when they **WEREN'T** living in alignment with their WHY.os?

Step 10: How could knowing this affect your relationships?

Step 11: How could knowing this affect your career?

Step 12: What can you do this week to live more into your WHY.os?

Extra Notes:

Next Appointment: