



# 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:*

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

*Note them:*

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

*Note them:*

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**Step 6:** What are their biggest strengths?

*Note them:*

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**Step 7:** What are their biggest challenges?

*Note them:*

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

*How does it feel to them?*

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

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

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**Step 10:** How could knowing this affect your relationships?

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**Step 11:** How could knowing this affect your career?

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

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*Extra Notes:*

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*Next Appointment:*

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