Before We Begin

an invitation to pause before we begin





BEFORE WE BEGIN IN JANUARY...

Choosing to make time for your growth is a meaningful step. Whether we have already worked together or this is your first coaching experience, I want you to know that you don't have to know exactly where you're going or what needs to change. That's part of what we'll discover together.

Over our 12 weeks together, we will make space for honest conversations, thoughtful questions, biblical truth, and small, intentional steps. We will notice patterns, celebrate progress, and practice responding to life in ways that reflect what matters most to you.

This little guide is not an assignment to complete or another thing to catch up on.
It is simply an invitation to pause before we begin.
Take your time.
Pray over the questions.

I am looking forward to walking alongside you.

Love Always,
Stephanie

THE LIFE WHEEL
A Little Awareness Before We Begin

Before we can begin making intentional changes in our lives, it helps to take a look at where we are right now. One of the tools we use in life coaching is called the Life Wheel, sometimes referred to as the Wheel of Life.
Think of it as a simple snapshot of your life in this particular season.
Our lives are made up of many different areas, and they are all connected. Our physical health can affect our emotions. Our thoughts can influence our relationships. Our schedules can impact our spiritual growth. And when one area of life feels overwhelming, it often affects other areas as well.

The Life Wheel helps us pause long enough to notice what is going well, what might need some attention, and where we may desire growth. This is not a test, and there are no right or wrong answers. It is simply an opportunity to be honest with yourself.

How Does It Work?

The wheel is divided into eight areas of life:

1. Faith & Spiritual Growth — Your relationship with God, prayer, trust, and spiritual practices.
2. Mindset & Emotions — Your thought patterns, emotional awareness, and how you respond to life's challenges.
3. Physical Well-Being — How you care for your body through movement, nourishment, sleep, and healthy habits.
4. Relationships — Your connections with family, friends, and others.
5. Work & Purpose — How you feel about your responsibilities, work, and the ways you use your God-given gifts.
6. Finances — Your relationship with money, financial responsibilities, and sense of peace or security.
7. Rest & Time — How you manage your time, create margin, establish boundaries, and allow yourself to rest.
8. Creativity & Joy — The things that bring you delight, inspiration, fulfillment, and opportunities to create.

Let's Take a Look

"Search me, God, and know my heart; test me and know my anxious thoughts."
Psalm 139:23 NIV

For each area, give yourself a rating from 1 to 10 based on how satisfied or supported you feel in that area of your life right now. 1 means this area feels especially difficult or needs significant attention. 10 means you feel very satisfied, supported, or aligned in this area.
Mark your number in each section of the wheel.
When you are finished, connect your marks to create a picture of your life as it feels today. Remember, this isn't about what you think your life should look like or how someone else's life looks. It's about being honest about your own experience.

What Do You Notice?

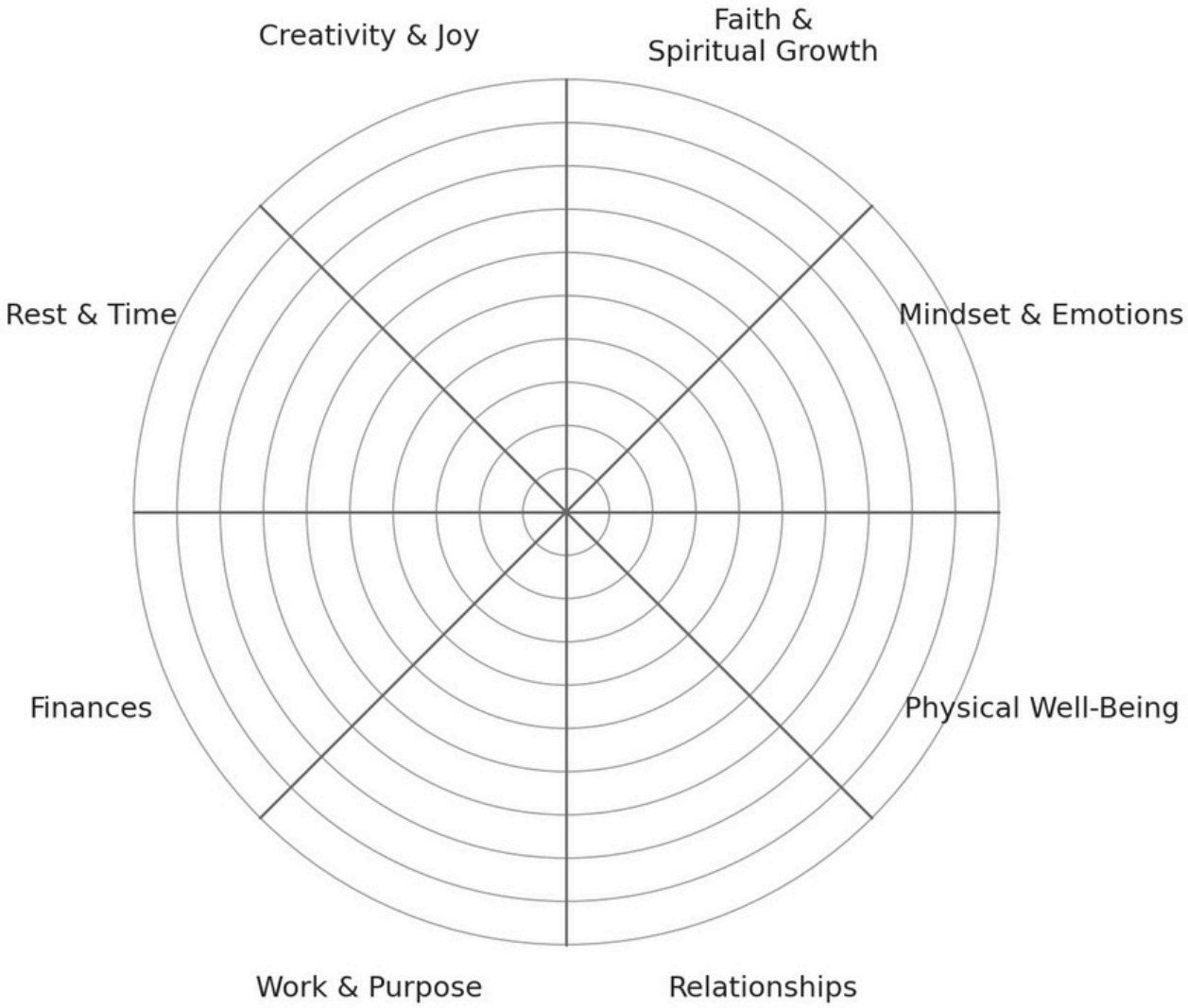
Once you've completed your wheel, take a few minutes to reflect.

- What stands out to you as you look at your wheel?
- Which areas feel healthy, supported, or life-giving?
- Which areas might need a little more attention?
- Are there areas you've been neglecting because you've been focused on something else?
- If you could begin making one small change, where would you start?

One More Thing...

Please don't look at your wheel and immediately begin thinking about everything you need to fix. Awareness is not an invitation to criticize yourself. It's an opportunity to become curious.
You are not behind, you are not failing and you don't need to have a perfectly balanced life. Different seasons require different things from us. There will be times when one area of life needs more attention than another, and that's okay. The goal is not to have a perfect circle filled with 10s. The goal is to recognize where you are, consider where you'd like to grow, and begin taking small, intentional steps forward.

As we begin our coaching journey together, we can use this wheel to help identify what matters most to you in this season. We aren't trying to change everything overnight. We are learning to live differently, one thought, one choice, and one step at a time.



What stands out to me as I look at my wheel?

_____

_____

Which one or two areas would I most like to explore in coaching?

_____

_____

Remember: A lower score is information, not failure. You can revisit this wheel at the end of our 12 weeks and notice what has changed.



What Am I Ready to Release?

"Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."Hebrews 12:1 NIV

We often carry thoughts and expectations into a new season without realizing it. You do not have to force change today. Begin by naming what you notice.

What thought, fear, or old story has been taking up too much space?

_____

_____

_____

What expectation or pressure might I be ready to loosen my grip on?

_____

_____

_____

When this pattern shows up, what do I usually do?

_____

_____

_____



Where Am I Right Now?

"Let us examine our ways and test them, and let us return to the Lord"
Lamentations 3:40 NIV

Before we look ahead, let's notice what this season is actually like. Be curious, not critical. You are gathering awareness, not grading yourself.

What feels good, steady, or life-giving in my life right now?

_____

_____

_____

What feels heavy, unsettled, or out of alignment?

_____

_____

_____

Where have I noticed growth, even if it has been small?

_____

_____

_____



What Does Living Differently Look Like?

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Romans 12:2 NIV

This is not about creating a long list of resolutions. Think about who you are becoming and how you want to show up in the ordinary moments of your life.

How do I want to think differently?

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_____

How do I want to respond differently when life feels hard?

_____

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_____

Where do I want to trust God more deeply?

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