PRE-CONSULTATION REFLECTIONS

4 Questions to Prepare You for Our Consultation Call



BY ROXANA AKHBARI

Welcome!

You have taken the brave step to show up for yourself in our consultation call. This step deserves to be seen and celebrated! This reflection journal is my little gift to you to celebrate your brave step by preparing you for our session.

In this reflection journal, you'll find 4 key questions to help you turn your attention inward and discover what you want to change or improve in your life through your coaching journey. Let these questions guide you in connecting with your intuition about what is not working for you right now and what you deeply want instead, while reviewing the steps that you have already taken.

Trust what comes up and let it prepare you for our initial conversation where we'll further explore your goals and how I can support you in achieving them. Let's go!

Roxana

Pre-Consultation Reflections

Take a few quiet minutes, answer from your gut, and trust what surfaces.

1. Where I'm At

Briefly describe your current situation or challenge that led you to seek support.

Write your answer here

2. What's Feeling Off or Misaligned

Are there aspects of your work or life that feel out of sync with who you are or what you want? Be as honest as possible.

Write your answer here

Pre-Consultation Reflections

3. What I Deeply Want Instead

Without overthinking how, write what you would love your life or work to look and feel like.

Write your answer here

4. What I've Already Tried

Note any steps you've taken to shift or improve things so far. What worked? What didn't?

Write your answer here