

90-Day Reflection Log

As part of the Elite Coach Mentorship, it is essential to reflect on the previous Phase. This highlights what went well, what we need to change, and how we will implement what we have learned to keep moving closer to our goal. Although it may feel strange and uncomfortable at first, self-reflection is a potent coaching tool that we highly recommend all coaches get into doing. Self-reflection is a skill, and like any skill, it needs to be practised. So, with that in mind, let's jump straight to it!

What went well over the previous Phase?

What did you learn?
Has business grown?
Do you feel more confident in your knowledge?

What didn't go so well over the previous Phase?

Did you fall behind in your tasks?
What stopped you?
Where did you struggle the most?

Looking back at your reflections, what will be different going into the Next Phase?

What do you need to help you make your coach development a success?
How and what can help you get to where you want to be?
What would it be if you could change only one thing that would have had the most significant impact on your goal?

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