

# Talking to Your Partner About Working with a Coach Worksheet

Use this worksheet to prepare talking with your partner. The more honest you can be with yourself, the more grounded you'll be in the conversation. You can do it!

What results are you looking to get out of working with a coach? List at least 3; the more the better.

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Why are these results important to you? How will they change your life? Come up with at least 10 reasons for yourself; you won't necessarily have to tell your partner all of them.

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Why is this an important time in your life to do this work? What would you be missing out on if you didn't take care of this *now*?

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How do you think your partner might feel about you having these results for yourself? What would they want for you? How important do you think your happiness and fulfillment are to your partner?

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What fears might you have about doing this work?

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Finish the statement: When I think about talking to my partner about hiring a coach, I feel ....

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What fears might you have about talking to your partner about this?

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What fears might your partner have about you doing this work? List at least three, then write down how do you feel about each of them.

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If your partner says no, how will you feel?

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If your partner says no, what are you willing to do? And what are your non negotiables?

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If money were an issue, what competing priorities might you be willing to let go of in order to make the coaching possible? (E.g., cutting out a \$4 latte a day, spending less on online shopping, selling off old stuff on Craigslist)

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What is your personal intention going into your conversation? How do you want to feel about yourself?

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How will you honor your intention? What will help you?

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