
INTERNAL HAVEN

2025

INTRO TO LIFE COACHING *Workbook*

Your Growth Journey Continues Here



CREATED BY ALYSSA REY

Welcome!

This workbook is your introduction to the powerful, transformative world of life coaching.

Each page introduces a key area of personal growth that life coaching supports. Use the space to reflect, explore, and take your first steps toward a more purposeful life.

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The Content

FAQ About Life Coaching

Q: What exactly is Life Coaching?

A: Life coaching is a collaborative process in which a coach helps you clarify goals, overcome obstacles, and take meaningful action in your personal or professional life. It's focused on growth, not therapy or advice-giving.

Q: How is Life Coaching different from Therapy?

A: Therapy often focuses on healing past trauma or mental health issues. Life coaching focuses on the present and future—helping you set goals, build confidence, and make empowered decisions. Coaching is for people who are ready to grow, not just heal.

Q: Do I need to have big goals or problems to work with a coach?

A: Not at all. Many people work with coaches to feel more fulfilled, stay accountable, make decisions, or simply understand themselves better. Coaching supports both big transformations and small, consistent progress.

Q: What does a Life Coach actually do during a session?

A: A coach asks powerful questions, listens deeply, reflects what they notice, and helps you uncover insights. They also support you in creating an action plan and staying committed to it—without judgment or pressure.

Q: How do I know if Life Coaching is right for me?

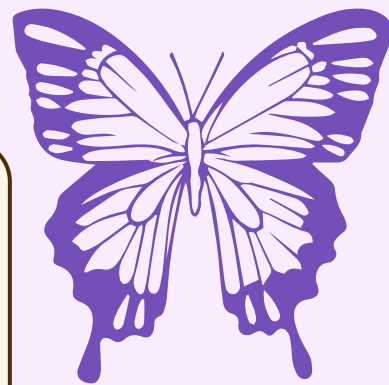
A: If you're feeling stuck, unfulfilled, or ready to make a change but unsure how, coaching can help. It's especially useful if you're curious about your personal growth and open to being supported and challenged.

Self-Awareness: The Foundation of Growth



Why it matters: Self-awareness is the root of all meaningful change. By understanding who you are—your thoughts, emotions, patterns, and desires—you gain the clarity to grow intentionally.

Coaching Insight: Life coaches help you explore your inner world with curiosity and compassion, identifying blind spots and unlocking your true potential.



Quick Reflection Tool:

What's one thought, habit, or feeling you've recently become more aware of?

How does it impact your day-to-day life?



Goal Setting & Action Planning

Why it matters: Dreams remain ideas without direction. Setting goals gives your growth structure, and action planning breaks it into achievable steps.

Coaching Insight: A life coach helps you set specific achievable goals aligned with your values—and keeps you accountable as you take action.

Quick Coaching Activity:

Write down one short-term goal.



Write down one long-term goal.



What is one small step you can take this week to move toward the short-term goal?



What is one small step you can take this week to move toward the long-term goal?





Embracing Emotional Intelligence



Why it matters: Emotional intelligence helps you navigate relationships and challenges with empathy and awareness.

Coaching Insight: Life coaches guide you to identify, understand, and express emotions in ways that strengthen your confidence and communication.



Self Check In:

What emotions have been showing up for you lately?

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

How do you typically respond to them?





Cultivating Mindfulness in Daily Life

Why it matters: Mindfulness grounds you in the present, helping reduce stress and improve focus.

Coaching Insight: Life coaches offer mindfulness tools to help you stay centered—even when life feels chaotic.



inhale
exhale

Practice Prompt:

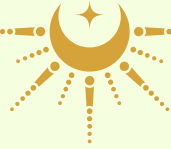
Take one mindful breath.

Name three things you see,
two things you hear, &
one thing you feel.





Embracing Self-Love & Acceptance



Why it matters: You are worthy as you are—not just when you achieve or succeed. Self-love fuels resilience and inner peace.



Coaching Insight: A life coach helps you build a compassionate relationship with yourself—free of judgment or conditions.



Self-Reflection Prompt:

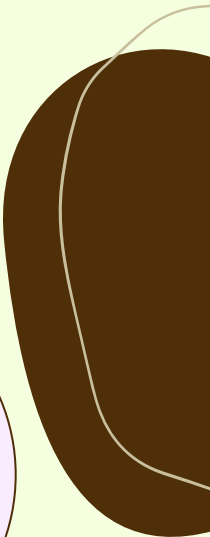
What is one thing you appreciate about yourself today?



Affirmations for Self-Love & Acceptance

I am learning to love myself every day.

I accept all parts of myself with kindness and grace.





Overcoming Obstacles & Limiting Beliefs

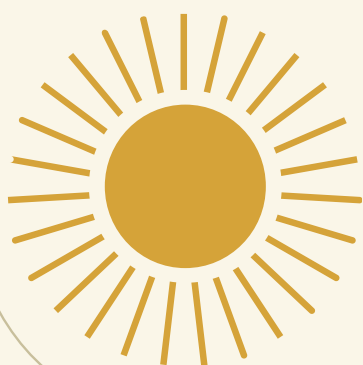


Why it matters: Fear, doubt, and past experiences can keep us stuck. Recognizing and shifting these beliefs unlocks your growth.

Coaching Insight: Life coaches help you challenge limiting thoughts and create empowering new narratives.

Breakthrough Prompt:

What's one belief or fear that might be holding you back?



What might be possible if it weren't true?

Nurturing Healthy Habits & Routines

Why it matters: Daily habits shape your outcomes. Consistency, not perfection, builds momentum.

Coaching Insight: Life coaches help you design habits that align with your values, energy, and goals.

Mini Habit Builder:

What's one small habit you could start tomorrow to support your wellbeing?

When and how will you do it?

What might get in the way—and how can you gently overcome it?

Measuring Progress & Celebrating Success



Why it matters: Progress isn't always linear—but it's always worth celebrating. Reflecting on your growth helps you stay motivated.

Coaching Insight: A life coach celebrates your wins with you and helps you recognize growth—even when it's subtle.



Gratitude Check:

List three ways you've grown in the past month—big or small.

1.

A large, empty, light green circle with a thin black outline, intended for writing the first way of growth.

2.

A large, empty, light green circle with a thin black outline, intended for writing the second way of growth.

3.

A large, empty, light green circle with a thin black outline, intended for writing the third way of growth.

How can you celebrate yourself today?

A large, empty, light green rounded rectangle with a thin black outline, intended for writing how to celebrate.



A New Beginning!

You've just taken a courageous step—one that many think about but few commit to:
Investing In Your Inner Growth.

Throughout this workbook, you've explored key areas of personal growth & development:

- Built a foundation of self-awareness.
- Created a vision through goal setting and action planning.
- Deepened your understanding of emotions and mindfulness.
- Strengthened your relationship with yourself.
- Uncovered and worked through obstacles and limiting beliefs.
- Started building healthy habits.
- Learned to measure progress and celebrate your wins.

These pages are more than worksheets—they are invitations to come home to yourself, one insight, habit, & reflection at a time.





What's Next?

Your Growth doesn't happen overnight—it happens one small, intentional moment at a time.

If you're feeling inspired to take your journey further, I'd love to support you with personalized life coaching sessions where we can:

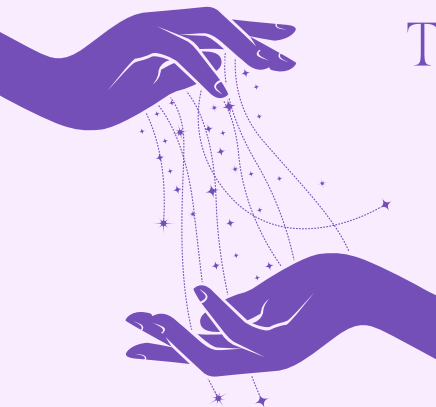
Dive deeper into your goals

Hold space for your emotions and ideas.

Create sustainable action plans

Keep you accountable—gently and consistently

You don't have to do it alone.
This is your sign to keep going.



Let's Connect!



Book a Free Discovery Call with me



[Insert your website or scheduling link]



Email me anytime at Alyssa@internalhaven.com



Follow along on @InternalHaven

With growth and gratitude,
Alyssa Rey
Certified Life Coach