

Self-coaching notebook

Twelve weeks. Two printable pages for each weekly review.

How to use the notebook

- 1 Describe the situation and answer the six questions.
- 2 Check the evidence. Take a break, then choose one action.
- 3 Return at the next review and record what happened.

Illustrative entry: a price change

An invented example, not a client record or an outcome.

Situation	A service takes ten hours to deliver. The price is \$600. Delivery costs are \$350, before overhead. I want to test an \$80 increase.
Evidence	Check the time record, actual delivery costs and existing customer promises.
Action	Send three new quotes at \$680 with the same scope and record the responses. This small test does not show that every buyer will accept the price.
Next review	Compare the three responses and actual delivery hours. A scope change breaks the price comparison. The result stays open until buyers respond.

Keep these pages private. The notebook records your reasoning; it cannot establish unchecked facts or guarantee a decision. If specialist advice or another person's consent is needed, record that as the next step.

Choose your week

Click a week in this PDF, or print the two pages you need.

Week 01	Week 02	Week 03	Week 04	Week 05	Week 06
Week 07	Week 08	Week 09	Week 10	Week 11	Week 12

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?

Questions

Six questions for your weekly review.

Date

Last week's action and what happened

This week's situation, in a few sentences

01 What decision am I avoiding, and what would another week of delay cost?

02 What am I tolerating that I would challenge in another business?

03 Am I trying to answer the wrong question?

04 What did I do this week that I am glad I did?

05 What would I do differently?

06 If a trusted friend reviewed my week, what would they ask about first?

Evidence and action

Check an answer, then decide what to do next.

01 Which answer needs another look? What evidence supports it?

02 What could make my current answer wrong? What do I still need to find out?

03 After a break: what changed in my answer, and why?

04 One action: what, who, by when, and what result will I check?

05 At the next review: what happened? Continue, change or stop?