

Coaching session cheat sheet

Quick reference for debriefing the journey with your client

BEFORE THE SESSION

- Go through the journey yourself first
- Send your client the invite link from your guide dashboard
- Ask them to complete it before your session (15–25 min)
- Review their shared responses in your dashboard beforehand

OPENING THE CONVERSATION

START HERE

“You just went through something personal. I don’t need to know what you wrote — but I’d love to hear what it was like. What surprised you?”

Ask about the experience, not the content. People will share specifics when they feel safe.

GOING DEEPER

ON FEAR

“The journey asked you to name a fear you don’t normally say out loud. What was it like to be that honest with yourself?”

ON PERMISSION

“You were asked what permission you need to give yourself. Did you already know the answer, or did it surprise you?”

ON THE MANIFESTO

“How did it feel to read something back about yourself that you hadn’t exactly said?”

READING THEIR JOURNEY

Identity responses

What medium did they choose? Do they call themselves a creator? Where’s the hesitation?

Fear response

What fear did they name? Is it about judgment, irrelevance, failure, or something else?

Permission statement

How specific is it? Do they believe it?

Manifesto

Read it together or let them read privately. Ask what part felt most true.

THE COACHING ARC

1. Discovery

Journey + debrief

2. Integration

Deeper into fears & permission

3. Action

Reflection creation

4. Return

Retake journey, compare

SENDING THEM FORWARD

“What are you going to make? Not someday. This week.”

Go create • Take the journey again • Forge a project • Save the manifesto