

Life Coach Exercise Book

Unlock your potential — design the life you deserve

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Welcome to Your Coaching Journey

Coaching is a powerful partnership that helps you move from where you are to where you want to be — with clarity, intention, and action.

This workbook covers the core coaching domains:

- Vision & Values • Goals & Action Planning
- Mindset & Beliefs • Relationships & Communication
- Career & Purpose • Wellbeing & Balance

Work through the exercises sequentially, or jump to the area most alive for you.

Return to earlier sections as you grow — your answers will shift.

This is your space. Be honest. Be bold. Be kind to yourself.

— Dr Arjumand Raza

Module 1: Know Yourself

The Wheel of Life Assessment

Rate your current satisfaction in each area (1 = very dissatisfied, 10 = thriving).

Health & Wellbeing: ___/10 Career & Purpose: ___/10

Relationships: ___/10 Personal Growth: ___/10

Finances: ___/10 Fun & Recreation: ___/10

Family: ___/10 Physical Environment: ___/10

The area with the lowest score I will focus on first:

The area I am most proud of:

What a 10/10 life would feel like overall:

My Core Values

Values are your non-negotiable life priorities. When you live by them, you thrive.

From the list below, circle your TOP 8, then narrow to your TOP 3:

Adventure Authenticity Balance Compassion Creativity Family

Freedom Growth Health Honesty Humour Impact Integrity

Justice Kindness Leadership Learning Love Loyalty Peace

Service Spirituality Success Trust Wisdom Wealth Other: _____

My TOP 3 Values: _____

Where in my life am I NOT living by these values? What needs to change?

My Strengths Audit

We grow fastest by building on strengths, not just fixing weaknesses.

5 strengths others often comment on:

5 strengths I am proud of:

How can I use these strengths MORE in my daily life?

One strength I have been hiding or underusing:

Module 2: Vision & Goals

My 5-Year Vision

Project yourself 5 years into the future. You have been living your best life.

Describe what you see in vivid detail:

Career / Purpose: _____

Relationships: _____

Health & Body: _____

Finances & Lifestyle: _____

Personal Growth / Spirituality: _____

How do you FEEL in this future?

SMART Goal Setting

Transform your vision into one powerful SMART goal:

S — Specific (What exactly do I want?)

M — Measurable (How will I know I've achieved it?)

A — Achievable (Is this realistic with effort?)

R — Relevant (Why does this matter to me?)

T — Time-bound (Deadline: _____)

My SMART Goal statement:

Action Planning: 90-Day Sprint

Break your goal into 90-day, 30-day, and weekly milestones.

90-DAY MILESTONE (where I want to be in 3 months):

30-DAY MILESTONE (end of this month):

THIS WEEK (3 specific actions I will take):

- 1.
- 2.
- 3.

Potential obstacles and how I will overcome them:

Module 3: Mindset & Beliefs

Limiting Beliefs Audit

Limiting beliefs are stories we tell ourselves that keep us small.

Complete these sentences quickly (write the first thing that comes to mind):

I could never _____

People like me don't _____

I am not _____ enough

It's too late for me to _____

I don't deserve _____

Choose one limiting belief above. Where did it come from?

Is there solid evidence that this belief is TRUE? What's the counter-evidence?

Empowering Belief Upgrade

Replace each limiting belief with an empowering alternative.

Limiting belief: _____

Empowering upgrade: _____

Limiting belief: _____

Empowering upgrade: _____

Limiting belief: _____

Empowering upgrade: _____

I will read my empowering beliefs aloud every: _____

Growth Mindset Practice

A growth mindset believes abilities can be developed through effort.

A recent challenge or failure I experienced:

Fixed mindset voice: _____

Growth mindset reframe: _____

What did this 'failure' teach me?

How did I grow? What would I do differently?

What I am proud of in how I handled it:

Module 4: Accountability & Habits

Habit Design

Tiny daily habits compound into extraordinary results.

ONE habit I want to START:

Cue (trigger): _____ Routine: _____ Reward: _____

ONE habit I want to STOP:

What triggers it? _____ Replacement behaviour: _____

ONE habit I want to STRENGTHEN:

My 30-day habit tracker — I will mark each day I complete it.

(Draw your own tracker or use the grid below.)

Weekly Coaching Review

WINS this week (however small):

Challenges I faced:

What I learned:

Did I take the actions I committed to? YES / PARTIALLY / NO

If not — what got in the way?

My 3 commitments for next week:

1. 2. 3.

Monthly Reflection

Looking back over this month:

Biggest achievement I am proud of:

Area where I grew most:

Something I want to let go of going forward:

My focus and intention for next month:

A gift I will give myself this month in recognition of my progress:

Ready to Go Deeper? Book a Coaching Session

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