

# 20-minute LIFE BALANCE Reset

**A short coaching reflection to help you step back, notice your energy, and identify one small step forward.**

**Before you begin:** Take a few slow breaths and answer the questions honestly. There are no right or wrong answers – just what's true for you right now.

## HOW ARE THINGS, REALLY?

Take a moment to check in with yourself.

### **Right now I feel...**

What words best describe how you've been feeling lately?

Energised / flat / overwhelmed / steady / stretched / content / tired / motivated / something else?

### **What seems to be taking most of your energy at the moment?**

Work, family, health, expectations, worry, responsibility, something else?

**If someone looked at your life from the outside, what might they notice about how full things are for you right now?**

## WHERE IS YOUR ENERGY GOING?

**Think about the past couple of weeks. What has been draining your energy?**

These might be:  
situations / habits / pressures / thoughts / environments

**Write down anything that comes to mind.**

**What has been giving you energy, even in small ways?**

Moments of calm, movement, connection, being outdoors, a good conversation, finishing something important.

Often the small things matter most.

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## WHAT MATTERS TO YOU RIGHT NOW?

When life gets busy, it's easy to lose sight of what actually matters.

**What feels most important in your life at the moment?**

Not what should matter – what genuinely does.

**Are you currently able to give this enough attention or space?**

What makes it easier or harder?

## IF NOTHING CHANGED...

Take a gentle but honest look ahead.

**If life continued exactly as it is now for the next 6 months, how would that feel?**

**What concerns you?**

**What feels okay?**

**What might become harder?**

This question often reveals what needs attention.

## WHAT SMALL SHIFT COULD HELP?

Coaching often focuses on small, realistic changes rather than dramatic ones.

**What is one small change that might improve your wellbeing or energy slightly over the next few weeks?**

Examples might be:

protecting 10 minutes of quiet time /  
saying no to something / getting  
outside more / asking for support  
adjusting a habit

Small changes often create the biggest ripple effects.

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## YOUR NEXT STEP

What is one gentle step you could take this week?

Try to make it:

- realistic
- kind to yourself
- small enough to start

## MY NEXT SMALL STEP IS:

## CLOSING REFLECTION

Take a moment to notice:

**What stood out to you as you answered these questions?**

Sometimes simply **pausing and reflecting** can bring surprising clarity.

## IF YOU FOUND THIS HELPFUL

These are the kinds of reflective conversations explored in coaching.

If you'd like space to think things through, explore what matters to you, and make sustainable changes at your own pace, you're welcome to learn more about coaching with Laura.

[www.laurawilliamscoaching.com](http://www.laurawilliamscoaching.com)

## 3 SIGNS COACHING MIGHT HELP RIGHT NOW

- You feel stretched but can't see what needs to change
- You know what helps but struggle to make it happen consistently
- You want space to think and reset

[Book a free introductory conversation](#)