

Post-session Action Plan

Capture a concrete action after a session. A learning experiment or deliberate pause can be a valid choice. You may skip questions that do not fit or discuss them with your coach.

1. What insight or question from the session do you want to carry forward?

2. What kind of next step would be useful?

- ☐ Conversation
- ☐ Planning
- ☐ Health habit
- ☐ Focused work
- ☐ Reflection
- ☐ Practical task
- ☐ Pause or gather information
- ☐ Another step

3. My actual action: What will I do, by when, and what will count as done or learned?

4. What might get in the way? If it happens, what will I adjust or who can help?

5. How feasible does the planned action feel with your current capacity?

1. Not confident → Very confident

1

2

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6. Make the next step concrete

When and how will I review this with myself or my coach?

Insight to carry forward

First action

Done / learning signal

Timing

Likely obstacle and fallback

Review date