

2025

Self-Coaching



Clare Palmer

Clarity Coaching by Clare Palmer

01/01/2025

Clarity Coaching

Provider of bespoke coaching and facilitation packages
Certified PRISM Practitioner
Certified & Experienced Life Coach

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Self-Coaching Questions for 2025 Conscious Clarity

What is one goal you deeply want to achieve in 2025, and why is it important to you?

If you could wave a magic wand, what would your ideal 2025 look like?

How will achieving this goal positively impact your life and the lives of others around you?

What will it feel like when you've accomplished this goal? Describe it in vivid detail.

What personal values will this goal align with, and how will it honour them?

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What specific actions will you need to take to make this goal a reality?

What daily habits or routines will support your progress toward this goal?

What one small step could you take today to move closer to your vision for 2025?

What resources or skills do you currently have that will help you succeed?

Who could you lean on for support, encouragement, or accountability as you work toward this goal?

What barriers, sacrifices, or challenges might you face, and how can you prepare for them?

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How will you overcome self-doubt or fear when it arises?

What mindset shift could help you approach obstacles with resilience and creativity?

What will you need to let go of—old habits, beliefs, or distractions—to fully commit to this goal?

When you encounter setbacks, what will remind you to stay focused and motivated?

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These questions are designed to spark deep reflection, helping you gain clarity, build confidence, and create actionable steps for a transformative 2025.

I want you to know you are incredible simply by being your authentic self, if you would like to arrange a free 30 minuet session to see how I can support your achievements in 2025 simply head to my website.

I'd appreciate your feedback on how you have found this self-guided coaching, please send your thought to clare@claritybyclare.co.uk

I know that if you fully commit to yourself then 2025 will be your amazing year.

With Love

Clare