

From setback to next step

Sample coaching worksheet | Dr. Jonathean Reese, DSW

Choose an ordinary setback or preparation challenge. Use a hypothetical example if preferred.
Keep this sheet for yourself. You do not need to share personal reflections or submit it to RPI.

The situation or goal I want to work on:

R

RESILIENCE | Review the setback

What happened, stated as facts? What is one lesson or action I can influence?

E

EMOTION | Notice pressure and reset

What pressure cue do I notice? Pause, breathe steadily, name what I can control, choose an action.

A

ACTIVITY | Make preparation manageable

What specific task will I try, and when? What smaller fallback fits a demanding day?

C

CONNECTION | Plan a support conversation

Who can offer useful support or feedback? What is the first sentence of my request?

T

TRANSITION | Prepare for what comes next

What is changing? What priority, information, or support will help me take a next step?

MY NEXT USEFUL ACTION

I will: _____ By: _____

At my review, I will ask: What did I try? What helped? What needs adjusting?

Educational coaching sample. Not a clinical assessment or a validated outcome measure.
Keep sport training and medical decisions with your qualified professionals.

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