



5 Self-Coaching Questions

to Realign When You Feel Off Track

A reflective guide to reconnect with what matters and move forward with clarity



INNER LAB COACHING

Start Here

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Life moves quickly. And sometimes, in the middle of doing all the “right” things, we lose track of what really matters.

This guide is a moment of pause. A space to slow down, reflect, and begin to reconnect with your own clarity.

These five questions are ones I often explore with coaching clients. Now I’m offering them to you. No pressure. No right answers. Just a quiet space to meet yourself as you are.

Take your time. Read slowly. Reflect freely.
You may be closer to clarity than you think.

Michel Guerreiro
Inner Lab Coaching

How to use this guide

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This guide is a short companion, not homework. Use it as a simple check-in with yourself when life feels a bit off.

You can:

- Set aside 15 to 20 minutes somewhere quiet, phone away if possible
- Move through all five questions in one go, or pick just one that really speaks to you right now
- Capture your answers in a notebook, notes app or document. Try to write in full sentences, not only quick bullet points, so you can really hear yourself

Come back to these questions whenever you notice you are drifting away from what matters. You are not trying to perform or impress anyone here. This is just you being a little more curious, honest and real with yourself.



Question 1

What part of your life feels most out of sync right now, and what might that part be trying to tell you?

We often push through our days without pausing to check in. But there's usually a reason we feel disconnected, low on energy, or out of rhythm, even if we can't name it yet.

This isn't about fixing anything. It's about noticing.

Where do things feel misaligned in your life? It could be your work, your choices, your energy, or your relationships.

Let this be a moment of quiet honesty. Awareness is often the first step back to clarity.

Question 2

What do you know deep down that you've been avoiding or ignoring?

There's often a quiet truth beneath the noise.
Something you know, but haven't fully faced.
Not because you're failing, but because you're human.

Maybe it's a feeling.
Maybe it's a decision you keep postponing.
Maybe it's something that no longer fits but feels hard to release.

This question isn't about pressure or fixing.
It's a chance to pause and listen to the part of you that already knows.

Question 3

When do you feel most like yourself, and what does that tell you?

There are moments when you feel more connected, more honest, more alive.

Moments when you're not trying to be someone else. You're just you.

These moments often hold clues about what matters.

They reveal what energizes you, what aligns with your values, and where you feel most free.

Let yourself explore without overthinking.

What's different about those times? What do they show you about the life you want to live?

Question 4

Where are you overgiving, overdoing, or saying yes when you mean no?

Sometimes we stretch ourselves too thin trying to be helpful, responsible, or liked.

We say yes when we're tired. We give more than we have. And over time, it disconnects us from what we need.

This question isn't about guilt. It's about noticing.

Where are you giving your time, energy, or care in a way that drains you?

And what might start to shift if you gave yourself a little more space?

Question 5

What is one small decision or action you could take today that would bring you closer to what matters?

Clarity often comes after movement, not before it.
You don't need to have it all figured out to take one small, honest step.

What's one choice that would feel more aligned today?
Something small. A shift in how you show up, what you say yes to, or what you no longer tolerate.

Even the smallest step can reconnect you to direction, energy, and trust.

What to do with what came up

Reading and reflecting is already a big step. The next part is letting what you wrote shape your days, instead of parking it in a folder and forgetting about it.

You might:

- Go back through your answers and underline one or two sentences that feel especially true or charged. These are signals worth paying attention to
- Look for patterns. Are the same themes showing up in more than one question, like energy, boundaries, work, or relationships? That is usually where your attention is needed most
- Choose one small experiment for this week. Something you can do, not just think about. A clear no, an honest conversation, a small shift in how you spend your time
- Put it somewhere you will see it. Add a note in your calendar, a reminder on your phone, or a post-it on your desk so it does not get lost in daily life
- Decide how you will check in with yourself. For example, a short reflection at the end of the day: What did I notice? What felt more aligned today?

You do not need to solve everything at once. Let these questions be a starting point. Stay close to what you wrote, keep listening to what feels true for you, and keep choosing small actions that match the life you want to live.

This is just the beginning...

The questions you explored are a strong beginning. If one or two answers stayed with you, let them be a signal that something important wants your attention.

You can keep working with this guide on your own. And if you want support to turn that awareness into change, we can explore what came up together.

In a free 30-minute first conversation, we slow down with your answers, connect the dots, and turn them into clear next steps that fit your real life. You bring your situation and what you want to shift. I bring space, honest questions and grounded guidance.

Many people leave this first call feeling lighter and clearer, with something practical to try in the week after.

There is no pressure to commit to anything. It is simply a chance to see how coaching with me feels and whether we are a good fit.

Start a conversation

A calm, honest space to explore what's possible. No pressure, no pitch

