When is Self-Coaching Right for Me?

After years of medical problems, Lucy committed to becoming her healthiest self. She gave up smoking, began running regularly, and overhauled her diet. Within a few months, she had started getting healthier and gaining confidence.

But these changes weren’t the result of another diet fad. She had been intentional about coaching herself along the way. A friend asked Lucy how she knew if she should self-coach or bring in an expert to help her. If like Lucy’s friend, you’re wondering about self-coaching, here are four times you should consider doing it…

**You’re Fully Committed**

Self-coaching works best when you’re already fully committed to making a change or are in the process of making a change. If you know that something in your life needs to be changed and you’re ready to do the work, you may only need the occasional pep talk from yourself.

**You’re Taking Consistent Action**

Those who do best with self-coaching tend to be what’s known as “self-starters”. They don’t need external circumstances (like a boss or professor) telling them to do things. They simply get up and do what needs to be done.

When you’re already taking consistent action toward your goals, you’re internally motivated. You’re not depending on others to wake you up and get you going. You’re already rolling!

**You’re Already Working with A Coach**

Self-coaching does work well alongside hired coaching or other interventions like counseling. Just because you’re already working with a coach or a counselor doesn’t mean you should give up on the idea of self-coaching. It just adds an extra layer of wisdom to the experience.

**You Already Have the Skills**

Sometimes, you may already have the skills you need for a task. You might also be familiar with the tools and techniques you’ll need to navigate a tricky transition in your personal life or career.

Having the support of a coach during this time can be a wonderful thing. But if you’re already confident in your skills or know how to use mindset tools, you may find self-coaching enjoyable and fun.

**When Doesn’t Self-Coaching Work?**

Self-coaching is not as likely to be effective when you’re learning a new skill or technique. That’s because you may need the support and advice that comes from someone who’s already been where you are.

You also may need a coach when you have ambivalence about making a change or when you feel paralyzed by indecision. That’s because coaches are used to guiding their clients through difficult life choices and they have experience doing this.

Self-coaching can be a wonderful adventure! But remember, the effectiveness of your self-coaching will depend on the stage of change you’re in and the level of confidence you’ve achieved with your preferred coaching tools.

***CTA: Learn how to create accountability in your self-coaching when you download your free workbook!***