



# IS COACHING RIGHT FOR ME?

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*Discern Your Next  
Step with God*

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# *INTRODUCTION*

If you're here, it's likely because you've felt a quiet nudge—an awareness that something within you is shifting and you're being invited into deeper healing, clarity, or growth.

This guide is not meant to convince you to choose coaching.

It is meant to help you pause, pray, and reflect with God about where you are and what support may be helpful in this season. Take your time. There are no right or wrong answers—only honesty.



## *OPENING PRAYER*

Lord, I invite You into this moment.  
Give me clarity, peace, and wisdom as I reflect.  
Help me discern my next step with You—not  
from fear, pressure, or confusion, but from trust  
and alignment.  
Amen.

# WHERE AM I RIGHT NOW?

*Answer honestly—this is for you and God.*

- I feel emotionally overwhelmed or stuck
- I desire deeper healing but don't know where to start
- I'm longing for clarity about my purpose or direction
- I feel disconnected from my identity in Christ
- I want spiritual growth but need guidance
- I'm navigating a transition or season of change

## **Reflection Prompt:**

*What feels heaviest in my heart right now?*

# WHAT HAVE I BEEN CARRYING ALONE?

*Sometimes we need support not because we are weak—but because we were never meant to do life alone.*

## **Reflection Questions:**

- 1. What pain, fear, or uncertainty have I been trying to manage on my own?*
- 2. Where do I feel tired of “figuring it out” by myself?*
- 3. What do I wish I had support with right now?*



# AM I OPEN TO SUPPORT?

*Coaching is a partnership—not a quick fix.*

## **Reflection Questions:**

- 1. Am I open to being guided and gently challenged?*
- 2. Do I desire accountability rooted in faith and compassion?*
- 3. Am I willing to show up honestly for my healing journey?*

## **Check-in:**

*What emotions come up when I think about receiving support?*

# DISCERNING WITH GOD

*Before deciding anything, pause and ask God.*

## **Scripture:**

*"If any of you lacks wisdom, let him ask of God." — James 1:5*

## **Prayer Prompt:**

*God, what are You inviting me into during this season?*

## **Reflection:**

*What thoughts, feelings, or clarity surfaced during this time?*



# WHAT COACHING IS — AND IS NOT



## Coaching IS:



- A faith-centered space for clarity and growth
- Support rooted in compassion and biblical truth
- A guided process for healing and identity work

## Coaching is NOT:



- Therapy or crisis care
- A one-size-fits-all solution
- A substitute for God's role in your life



# *Final Reflection*

*There is no rush. God's timing is gentle and intentional  
Whether your next step is coaching, rest, prayer, or simply  
sitting with what God has revealed—trust that He is leading  
you with care.*

## **Final Question:**

*What step feels aligned with peace, not pressure?*





## *CLOSING INVITATION (Optional)*

If you feel led to explore coaching further, you're welcome to book a free clarity call ([She Rises Clarity Session](#)) or explore [The B.L.I.S.S. Method™](#) Coaching Experience when the time feels right.

*You are supported, guided, and deeply loved—wherever you are in your journey*

*Hey! I'm Yanisha*

From my heart to yours, I'd love to stay connected so I can continue walking alongside you with prayer, encouragement, and faith-based resources as you discern what God is revealing to you—at your pace, with no pressure.

LET'S KEEP IN TOUCH

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