



Coaching Men

Midlife Crisis Life Coaching Worksheet
For Men Ages 35-55 Seeking Clarity and Purpose

Section 1: Self-Reflection

1. **What are the main feelings you are experiencing right now?**
(e.g., frustration, boredom, regret, confusion, excitement, sadness)

2. **What specific events or thoughts have triggered these feelings?**
(e.g., career dissatisfaction, relationship changes, aging, unfulfilled dreams)

On a scale of 1-10, how fulfilled do you feel in your life right now?

○ What factors contribute to this rating?

○ What would increase this score?

Section 2: Evaluating Life Areas

Rate the following areas of your life from 1 (very dissatisfied) to 10 (completely satisfied). Then, write one change you would like to make in each area.

Life Area	Satisfaction Score (1-10)	One Change You'd Like to Make
Career & Purpose		
Relationships		
Health & Fitness		
Personal Growth		
Fun & Leisure		
Finances		
Spirituality		

Section 3: Defining Your New Path

1. **What are three things you have always wanted to do but haven't yet?**
(e.g., travel, start a business, write a book, learn a skill)

2. **What small action can you take this week to move toward one of these goals?**

3. **Who or what is holding you back?**

- How can you overcome these obstacles?

4. **What advice would your younger self give you right now?**

Section 4: Mindset Shift & Next Steps

1. **What are three things you are grateful for in your life today?**

2. **What is one belief or perspective that you need to change to move forward?** (e.g., "It's too late to start over," "I should be further ahead by now")

3. **What is one commitment you will make to yourself today?**

4. **Who can support you in making these changes?**
(e.g., coach, mentor, friend, partner, support group)

Final Reflection

Take a moment to visualize yourself one year from now, having made positive changes in your life.

- **What does your ideal day look like?**

- **How do you feel?**

- **What steps did you take to get there?**

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Your Future Starts Today.