

Coaching Client Progress Reality Check

If you're a coach or consultant, then you've probably experienced working with clients who say they want to achieve their goals but for some reason become stuck and unable to move forward.

If you've ever thought things like:

- "Some of my clients start strong, then gradually do less and less..."
- "I'm not sure why this person isn't moving forward..."
- "Is my client's lack of progress due to something I'm doing? Or something deeper?"

...then this quick reality check will help.

This tool is designed to give you a quick but insightful way to reflect on the progress of your clients — especially the ones who've stalled, slowed down, or drifted off-track.

How to use the Reality Check Template:

Make copies and fill out one template per client. Spend 5–10 minutes on it and don't overthink your answers — just jot down what comes to mind based on what you've observed.

By completing this 'Reality Check' you'll have a better understanding of where your client is now and what they need to move forward.

Remember, this isn't about judging your clients or yourself. It's about seeing the patterns that can sometimes hide in plain sight.

Reality Check Example

Client Name: Sarah T

Time period: Jan-April 2025

Date: May 2025

<div><div>Progress Level:</div><div><div><input type="radio"/> High</div><div><input checked="" type="radio"/> Mid</div><div><input type="radio"/> Low</div></div></div>	<div><div>Engagement Level:</div><div><div><input type="radio"/> High</div><div><input checked="" type="radio"/> Mid</div><div><input type="radio"/> Low</div></div></div>	<div><div>Common Excuses or Challenges</div><div><div>"I didn't have time to get to it this week."</div><div>"I wanted to think about it a bit more before doing anything."</div><div>Missed two sessions in the past two months due to sudden need to reschedule.</div></div></div>
<div><div>What Helped:</div><div><div>She responds well to short-term action steps and weekly check-ins.</div><div>When we tied her actions back to her core values (independence, creativity), she seemed more motivated.</div><div>She liked having a visual tracker — said it helped her feel "seen."</div></div></div>	<div><div>What Didn't Help:</div><div><div>Giving her too much autonomy too early — she got stuck trying to plan everything on her own.</div><div>Open-ended reflection questions — she tends to overthink instead of act.</div><div>Email summaries of the session — she didn't read them.</div></div></div>	
<div><div>What patterns are emerging?</div><div><div>Clients who start strong often slow down when it's time to take visible action</div><div>The word "should" tends to show up when there's fear or misalignment</div><div>Planning is used as a way to delay — especially in clients who seem thoughtful but avoid execution</div><div>Structured accountability seems more helpful than clients expect (even if they resist it early on)</div></div></div>	<div><div>Where might something deeper be blocking progress?</div><div><div>I suspect some perfectionism and fear of judgment.</div><div>She keeps tweaking things instead of launching.</div><div>Possibly misaligned goals — she talks a lot about what she "should" do, not what she wants to do.</div><div>She may be worried about what success will demand of her (pressure to keep going).</div></div></div>	

What's your takeaway from this client's progress so far?

Sarah is capable and creative, but she needs tighter structure and smaller wins.
I need to keep the pace moving, even if her verbal processing makes her seem like she's engaging deeply.
There's more hesitation under the surface than she lets on.

Coaching Client Progress Reality Check

Client Name:

Time period:

Date:

Progress Level:

- ☐ High
- ☐ Mid
- ☐ Low

Engagement Level:

- ☐ High
- ☐ Mid
- ☐ Low

Common Excuses or Challenges

What Helped:

What Didn't Help:

What patterns are emerging?

Where might something deeper be blocking progress?

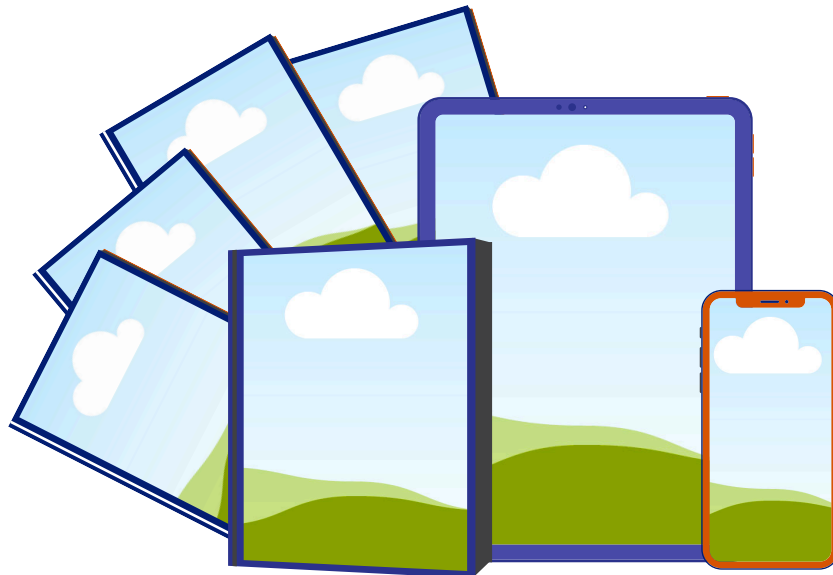
What's your takeaway from this client's progress so far?

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**Sometimes the real issue isn't visible
Rather than guessing, use the Why Aren't My
Clients Taking Action?**

**Download the free Coaching Diagnostic Tool
here:**

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CALL TO ACTION

