



REFLECTION SHEET

Which One Fits Where You Are

A companion for discerning between coaching and spiritual direction.

Coaching begins with where do you want to go. Spiritual direction begins with where are you, and what is already stirring in you. Neither is better. They are built for different seasons, and most people need both at different points. This sheet is an invitation to find out which season you are in right now.

A Practice to Begin

Before you answer anything below, sit for five minutes with no agenda and let the question that is actually on your mind surface on its own. Do not reach for it. Notice whether what arrives is shaped like a goal or shaped like a weight. That shape is most of your answer.

Reflection Questions

1. Do I have a clear goal, or am I still trying to understand where I am?
2. Am I looking for help with change, or help with understanding?
3. Is there something specific I want to accomplish in the next year — or something I have been carrying that does not seem to be going anywhere?
4. What pattern in me keeps repeating, and have I ever asked what it is protecting rather than how to stop it?
5. Do I sense that what is happening in my life right now has a deeper dimension I have not been able to name yet?
6. If someone sat with me and offered no advice at all, would that feel like a relief or a frustration?
7. What question have I been carrying long enough that I have stopped expecting an answer?

An Invitation for the Week

Notice where the two sets of questions pulled you. If most of your answers pointed toward movement, coaching is likely the fit. If they pointed toward attention, spiritual direction probably is. If they split — which happens often — that is worth a conversation rather than a decision. A free fifteen minutes will tell you more than another week of weighing it.

Schedule with Jim: <https://calendly.com/jim-792/spiritual-direction-consultation>

Schedule with Lynette: <https://calendly.com/lynettespiritofeq/15min>

“Coaching helps you move toward something. Spiritual direction helps you pay attention to something.”

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