



UW MOMENTUM PLANNER

SMALL STEPS. BIG PROGRESS.



Coaching is about helping students move forward—one step at a time. Use this planner at the end of each session to capture insights, set one meaningful action, and build momentum together.

Date: _____

1 LOOKING BACK

What did you learn since we last met?



What's been going well? What have you discovered about yourself, your habits, or what works for you?

2 LOOKING AHEAD



What's one area you'd like to improve before we meet again?

What's most important for you to focus on right now?

3 ONE SMALL STEP



What's one realistic action you will take before we meet again?

Make it specific, doable, and something you can control.

I will take this action by: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun or by: _____

4 CONFIDENCE CHECK

How confident are you (1-10) that you will complete this action?

1 2 3 4 5 6 7 8 9 10

Not very confident

Very confident

If your confidence is less than 8...

What would make this action easier or more realistic?



COACHING TIPS



STAY CURIOUS

Ask open questions.
Listen deeply.
Let the student lead.



FOCUS TOGETHER

Help the student identify what matters most right now.



KEEP IT SMALL

One small step is better than a big goal.
Small actions create momentum.



FOLLOW UP

Check in next time.
Celebrate progress.
Learn from setbacks.



Remember: *Progress, not perfection.*

Every small step forward builds confidence and momentum. You've got this—and your coach is here to support you!



LISTEN. ASK. SUPPORT. EMPOWER. TOGETHER, WE KEEP MOVING FORWARD.