FROM MOTION TO MOMENTUM

WITH KAREN CAPPELLO, MCC

INTRODUCTION

This guide is an invitation to pause and reflect. The questions that follow are designed to help you notice how you're currently making decisions in your executive coaching business: what feels active, what feels unresolved, and where momentum may be waiting for a different kind of leadership. You may find that some questions land immediately, while others stay with you over time. Let them do their work.

NAMING THE MOMENT YOU'RE IN

What part of your business feels active, yet not fully in momentum right now?
Where are you engaged, visible, and thoughtful and still sensing that something isn't quite compounding the way you expected?

DECISIONS AND CERTAINTY

What decision might you be postponing because you believe you need more certainty first?
If you were to decide without waiting for everything to feel resolved, what would that decision be?

THE RADAR SCREEN

What might you be sensing about your business that you can't quite see clearly yet?
What feels slightly out of focus and not yet fully visible?

HOLDING DECISIONS

What would change if the decisions you're making now were given time to take off rather than being constantly re-evaluated?
Where might staying with a decision be more powerful than making another adjustment?

PERSPECTIVE AND SUPPORT

Where in your business would an experienced perspective help decisions feel lighter?
What decisions are you currently interpreting entirely on your own that might feel lighter if you weren't carrying them solo?

CONCLUSION

You don't need to answer all these questions today. Often, the value is simply noticing which ones stay with you. Those are usually pointing toward the next level of mastery and a different way of envisioning your business.

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