

# 21 Low-Risk Actions To Take You Off The Starting Blocks

You do not need a website, a niche, or a paying client to discover whether coaching is your calling. You need honest, intentional prayer, reflection followed by action.

These 21 steps are low-risk and designed to create clarity through movement.

Start anywhere. Start today.

- 1 Tell three trusted people**  
Tell three people you trust that you are exploring coaching and ask them one question: "What do you think I naturally help people with best?" Their answers create external confirmation and surface patterns you may not have noticed.
- 2 Start a private evidence journal**  
Start a private evidence journal for 30 days. Every time someone asks you for advice, clarity, emotional support, direction, prayer, strategy, or perspective — write it down. Documenting repeated patterns reveals what others already draw from you.
- 3 Write a one-sentence coaching statement**  
Write one sentence: "I help \_\_\_\_\_ move from \_\_\_\_\_ to \_\_\_\_\_." Even if it changes later. Clarity grows through use, not overthinking.
- 4 Record a 2-minute video**  
Record a 2-minute video sharing one lesson God taught you through a difficult season. Do not teach coaching. Just share wisdom honestly. This one act breaks the visibility barrier.
- 5 Create your 'things people come to me for' list**  
Create a list called: "Things people always come to me for." Keep adding to it for two weeks. That list usually reveals the assignment faster than any personality test.
- 6 Join one coaching or leadership community**  
Join a coaching or leadership community where people are actively building. Connection accelerates clarity. Kingdom Leaders: ACTIVATED is a great place to begin. [Join us here.](#)
- 7 Pray specifically about stewardship**  
Pray specifically about stewardship rather than permission. You may already sense the direction — this step is about asking God how to be faithful with what you already carry.
- 8 Ask five women one question**  
Ask five women: "If I coached women through one area of life, what do you think it would be?" Patterns will emerge quickly.
- 9 Book an hour of coaching for yourself**  
Book an hour of coaching for yourself — even if it is a free discovery experience. Sitting in the client seat accelerates your understanding of the coaching process more than any course or book.
- 10 Write your personal story in 3 sections**  
Write your story in three parts: What happened. What God taught you. Who needs that wisdom now. That structure often reveals the niche more clearly than any research.

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- 11 Ask yourself the one defining question**  
Ask yourself: "What problem breaks my heart enough that I would help solve it even before I was paid?" That question exposes your calling language.
- 12 Name your biggest fear - and its antidote**  
Write down the one fear that is currently blocking your next step. Then write down one thing you already know that can combat it. Naming what you carry gives you the power to steward it.
- 13 Create a before-&-after list from your life**  
Who were you before God healed, transformed, or rebuilt you? Who are you now? Write both sides. That transformation is usually connected to the people you are assigned to help.
- 14 Set a 90-day experiment**  
Frame this as a 90-day season of exploration, not a lifelong decision. Saying yes to the next season is an act of stewardship. Give yourself room to move without the weight of forever.
- 15 Facilitate one guided reflection session**  
Lead a simple conversation using questions rather than teaching. Coaches often discover their deepest gift when they shift from sharing knowledge to drawing insight out of others.
- 16 Say it out loud**  
Say out loud: "I think God may be calling me into coaching." Speaking it gives the calling weight, intention, and accountability. The assignment grows stronger when it leaves the internal space.
- 17 Build a calling board**  
Create a document — not a vision board — with repeated confirmations, recurring themes, scriptures, testimonies, and moments people were helped through your wisdom. Visible evidence matters when doubt surfaces.
- 18 Identify your area of lived authority**  
Choose one area of lived experience where you carry authority because you have walked through it. Not theory. Lived wisdom. That is where your credibility already lives.
- 19 Write from a place of complete freedom**  
Write down what you would coach people through if you knew nobody would judge you. That answer is usually the clearest signal you have about your assignment.
- 20 Acknowledge the wisdom you already carry**  
You already carry more wisdom, discernment, and relational depth than you may recognise. You do not need to feel more qualified than you are right now to take a first step.
- 21 Commit to one visible action per week for 90 days**  
Choose one consistent visible action every week for 90 days. Not perfection. Consistency. The assignment strengthens through repeated stewardship.

**Ready to go deeper?**

Kingdom Leaders: ACTIVATED brings your calling to life.

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