

THE NEXT VERSION OF YOU

Coaching Companion Workbook

*Helping you move from awareness to action,
and from potential to progress.*

This workbook was created to accompany *The Next Version of You* and help you bring its concepts to life.

Inside you'll find guided reflections, practical coaching exercises, and action plans designed to help you deepen your self-awareness, strengthen your confidence, and intentionally move toward the next version of yourself.

Whether you're completing it alongside the book or returning to it whenever you need clarity, this workbook is meant to be a trusted companion—one you can revisit as often as you need.

You don't need to have all the answers. You simply need the courage to take the next step.

Lucie Langevin-Neil, RVT CVPM PCC
Founder, Covet Coaching

Created to accompany The Next Version of You

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Welcome

If you're holding this workbook, you've already taken an important first step—you've chosen to invest in yourself.

The Next Version of You wasn't written to simply be read. It was written to be experienced.

Real growth doesn't happen by turning pages. It happens when we pause, reflect, challenge our thinking, and intentionally choose our next step.

This workbook is your companion as you continue becoming the next version of yourself.

As you move through each section, you'll find opportunities to slow down, explore your thoughts, recognize patterns, and translate insight into action. You don't need perfect answers. You simply need curiosity, honesty, and a willingness to grow.

Some questions may feel easy. Others may challenge you. That's okay. Growth often begins where comfort ends.

This isn't about becoming someone different.

It's about uncovering more of who you've always been and intentionally stepping toward the next version of yourself.

Remember, progress isn't measured by how quickly you finish this workbook. It's measured by the awareness you gain and the actions you choose to take along the way.

I'm honoured to be part of your journey.

Here's to becoming the next version of you.

Lucie

Lucie Langevin-Neil, RVT, CVPM, PCC

Founder, Co-vet Coaching

The Next Version of You Starts Here

There is no right or wrong way to complete this workbook.

Some people will work through it alongside *The Next Version of You*. Others may finish the book first and return to the workbook afterward. Choose the approach that works best for you.

Growth isn't about moving quickly. It's about creating space to pause, reflect, and take intentional action. Some pages may take only a few minutes, while others may invite you to think more deeply before moving forward.

As you work through this workbook, remember that the goal isn't to have perfect answers. The goal is to increase your self-awareness and take intentional steps toward becoming the next version of yourself.

Make the most of your journey

- ✓ Write honestly.
- ✓ Stay curious.
- ✓ Give yourself grace.
- ✓ Celebrate progress over perfection.
- ✓ Return to pages as you grow.
- ✓ Focus on one action at a time.

Unleash your inner wolf

Before you begin reading, write down one thing you hope will be different in your life by the time you finish this journey.

The Stories You Tell Yourself

The stories you tell yourself influence how you see who you are, what you believe is possible, and how confidently you move forward.

Some stories are grounded in experience and truth. Others were shaped by fear, past disappointments, other people's opinions, or conclusions you formed long ago. A story may have once protected you or helped you make sense of something—but that does not mean it still deserves to shape your future.

Use this page to slow down, notice the stories that have been operating in the background, and decide whether they still belong in the next version of you.



Pause & Reflect

What is one story you frequently tell yourself about who you are or what you are capable of?

What experiences, assumptions, fears, or messages from others may have contributed to this story?

What supports this story?	What challenges this story?



Unleash Your Inner Wolf

A story does not need to be completely false to be limiting. Sometimes it contains a small piece of truth that has been turned into a permanent definition of who you are.

Complete the statement below with a story that feels more truthful, constructive, and aligned with the person you are becoming.

Action prompt

The story I am ready to stop repeating is:

The story I will begin telling myself instead is:

Choose a story that acknowledges where you have been without limiting where you can go.

Receiving Recognition

How you respond to compliments and feedback often reveals more than you realize.

Some people comfortably accept recognition. Others immediately dismiss it, explain it away, or shift the attention to someone else. While humility is valuable, consistently minimizing your strengths can make it difficult to fully recognize your own abilities.

This page isn't about becoming arrogant. It's about becoming aware of how you receive acknowledgment and whether your response reflects confidence, discomfort, or self-doubt.



Pause & Reflect

When someone compliments you, what is your first instinct?

- ☐ Accept it with appreciation
- ☐ Explain why it wasn't a big deal
- ☐ Deflect the compliment
- ☐ Credit someone else immediately
- ☐ Feel uncomfortable
- ☐ Other: _____

Think about the last compliment you received.

What was it?

How did you respond?

How easy is it for you to recognize the strengths and contributions of others?

Very Difficult ○—○—○—○—○ Very Easy

What makes giving positive feedback easy—or difficult—for you?



Unleash Your Inner Wolf

This week, resist the urge to minimize or explain away a compliment.

Instead, simply respond with:

"Thank you."

Notice how it feels.

At the end of the week, jot down one thing you learned about yourself.

When Self-Doubt Shows Up

Even the most capable people question themselves from time to time.

Imposter syndrome doesn't necessarily mean you lack ability—it often means you're stretching into something that matters. The goal isn't to eliminate every moment of self-doubt. It's to recognize it, understand what triggers it, and choose how you'll respond instead of letting it make decisions for you.



Pause & Reflect

When does imposter syndrome tend to show up for you?

- ☐ Starting something new
 - ☐ Speaking in front of others
 - ☐ Receiving recognition
 - ☐ Comparing myself to others
 - ☐ Taking on more responsibility
 - ☐ Other: _____
-

What thoughts usually accompany those moments?

How do you typically respond when those thoughts appear?

- ☐ I avoid the situation.
 - ☐ I overprepare.
 - ☐ I work harder to prove myself.
 - ☐ I stay quiet.
 - ☐ I second-guess my decisions.
 - ☐ Other: _____
-

If a close friend shared these same thoughts with you, what would you say to them?

Coaching Insight

One of the simplest ways to challenge imposter syndrome is to ask:

"Is this thought a fact—or a fear?"

That single question creates space between your thoughts and your reality.



Unleash Your Inner Wolf

Complete this sentence:

The next time self-doubt shows up, instead of telling myself _____,
I will remind myself _____.

Focus Your Energy Where It Matters

It is easy to spend time and emotional energy on situations that matter to us but are not ours to control.

The Circle of Concern, Influence, and Control helps you separate what you care about from what you can affect—and what is ultimately yours to own. This does not mean ignoring concerns or pretending they do not matter. It means choosing where your energy is most likely to create a meaningful impact.



Pause & Reflect

Think of one situation that is currently taking more of your energy than you would like.

The situation is:

Outside My Control	Within My Influence	Within My Control
What matters to me but is not mine to determine?	Where could my communication, support, questions, or actions positively shape the situation?	What choices, actions, attitudes, boundaries, or responses are completely mine?

Where might you be stepping into responsibility that does not belong to you?

What boundary may need to be established, clarified, or strengthened?



Unleash Your Inner Wolf

Letting go does not mean that something no longer matters. It means releasing the belief that you must carry, fix, or control all of it.

Action prompt

One thing I am ready to release is:

One action I will take within my control is:

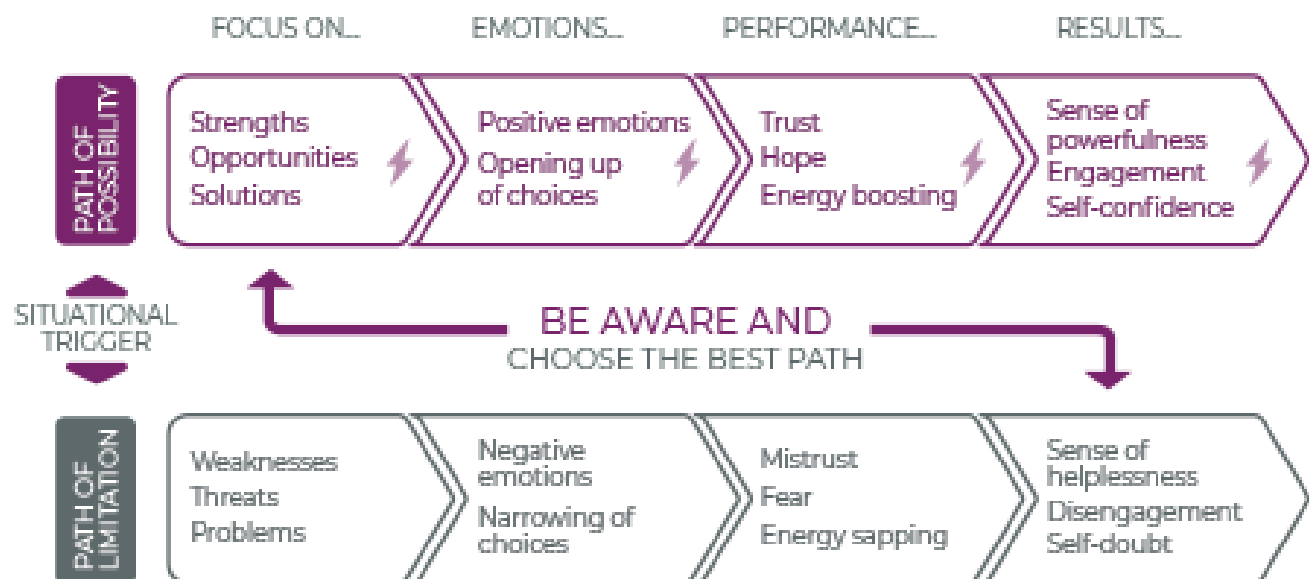
The boundary I will honour is:

Which Path Are You On?

Every challenge invites us to respond in different ways.

Sometimes we become stuck in the Path of Limitation, where fear, assumptions, and self-doubt keep us from moving forward. Other times we intentionally choose the Path of Possibilities, where we acknowledge reality while remaining open to growth and learning. And sometimes, without realizing it, we try to move forward by Bypassing Pain—pushing difficult emotions aside before we've truly processed them.

The goal isn't to judge where you are. It's simply to recognize your current path so you can choose your next step with greater awareness.



Pause & Reflect

Looking at a recent challenge...

- ☐ I spent most of my time on the **Path of Limitation**.
- ☐ I found myself **Bypassing Pain**.
- ☐ I was mostly on the **Path of Possibilities**.
- ☐ I moved between more than one path.

What thoughts or beliefs kept you on that path?

What evidence supports those thoughts?	What evidence challenges them?

If you recognized yourself bypassing pain, what emotions still deserve your attention?

What would choosing the Path of Possibilities look like in this situation?

Coaching Insight

The Path of Possibilities is not about pretending everything is okay.

It begins by acknowledging what is real, processing what needs to be processed, and then intentionally choosing how you want to move forward.



Unleash Your Inner Wolf

Awareness creates choice. Once you recognize the path you're on, you have the power to choose your next step. You don't need to have everything figured out—you simply need the courage to move toward possibility, one decision at a time.

Complete the statements below:

The path I want to leave behind is...

One belief I am ready to challenge is...

One action that will move me toward the Path of Possibilities is...

"You don't have to change your entire path today. Just choose the next step that aligns with the person you're becoming."

Creating Momentum for Change

Change often begins before we take visible action. It starts when we recognize that what once felt familiar, comfortable, or necessary may no longer fit who we are becoming.

The four elements of change—**Dissatisfaction, Vision, First Steps, and Action**—help reveal what is already supporting your progress and what may still be holding you back. You do not need every element to feel equally strong. You simply need enough clarity and momentum to begin.



Pause & Reflect

Where are you holding on to what is familiar, even though it may no longer fit?

Which element of change feels strongest for you right now?

☐ **D — Dissatisfaction**

I am clear about what is no longer working.

☐ **V — Vision**

I can picture what I want instead.

☐ **F — First Steps**

I know how I could begin.

☐ **A — Action**

I am ready to follow through consistently.

Which element needs more attention? Why?

What may be making that element difficult?

- ☐ Fear of making the wrong choice
- ☐ Uncertainty about what I want
- ☐ Feeling overwhelmed
- ☐ Waiting for the perfect time
- ☐ Lack of support or resources
- ☐ Doubting my ability to change
- ☐ Other: _____

Coaching Insight

You do not need to feel completely ready before you begin.

Sometimes readiness grows after you take the first step. A small action can create evidence that change is possible, which strengthens confidence and makes the next step easier to see.



Unleash Your Inner Wolf

Change becomes less intimidating when you stop asking yourself to transform everything at once.

Choose one small shift that feels realistic enough to begin, but meaningful enough to create movement.

The change I want to begin making is:

The smallest step I can take today is:

Taking this step will show me that:

Recognizing What Energizes You

Your strengths often reveal themselves through energy.

They may be found in the things you naturally enjoy, the contributions others value in you, or the activities that feel engaging even when they require effort. Because strengths can feel so natural, they are often easy to overlook or dismiss as “nothing special.”

This reflection is an opportunity to notice what consistently brings out the best in you.



Pause & Reflect

What gives you energy?

Think about the activities, conversations, responsibilities, or environments that leave you feeling engaged, motivated, or more like yourself.

What do you find easier than many other people seem to?

What do people regularly thank you for, rely on you for, or admire in you?

What feels natural or effortless to you, even when it still requires time and effort?

Review what you wrote above. What themes, qualities, or abilities appear more than once?

Which of these strengths have you been underestimating because they come naturally to you?

Coaching Insight

A strength is not simply something you are good at.

It is something that energizes you and enables you to perform at your best. You may be skilled at something without enjoying it, and you may have a strength that you have not yet had enough opportunity to fully develop.



Unleash Your Inner Wolf

Choose one strength or energizing quality that you want to use more intentionally.

A strength I recognize in myself is:

One situation where I could use it more fully is:

One action I will take to put this strength into practice is:

Discovering What Gives You Purpose

Purpose isn't always something you find—it often reveals itself through the moments that make you feel most alive.

Pay attention to what energizes you, what draws you in, and the difference you naturally want to make. Your purpose doesn't have to be grand or world-changing. It simply needs to be meaningful to you.



Pause & Reflect

When do you feel most alive?

Think about moments when you feel energized, engaged, fulfilled, or completely absorbed in what you're doing.

If failure were impossible and you had all the resources you needed, what impact would you want to make?

What strengths do others consistently recognize in you?

How might those strengths help you create the impact you described above?

If you could dedicate yourself to one cause, person, community, or idea, what would it be—and why?

Coaching Insight

Purpose is rarely discovered in a single moment of clarity.

More often, it emerges where your strengths, values, passions, and the needs of the world begin to overlap.



Unleash Your Inner Wolf

Complete the statements below:

The difference I want to make is...

One step I can take toward living that purpose is...

Purpose isn't something you wait to discover. It's something you begin living, one intentional choice at a time.

Listen to What Your Heart Is Telling You

Beneath our responsibilities, expectations, and daily routines are often quiet desires that have been waiting to be acknowledged.

Sometimes we dismiss them because they seem unrealistic. Sometimes life simply becomes busy. But those longings often point toward what matters most.

This page isn't about finding immediate answers. It's about giving yourself permission to listen.



Pause & Reflect

What do you ache for?

What is missing from your life, work, relationships, or sense of self?

What do you long for?

If nothing were standing in your way, what would you want more of?

If those longings could speak, what might they be trying to tell you?

What is one small way you could begin honouring those longings today?

 Coaching Insight

Ignoring what matters to us doesn't make it disappear.

Often, the things we ache for quietly shape our decisions, emotions, and sense of fulfillment. Listening doesn't mean you need to change everything—it simply means you're paying attention.



Unleash Your Inner Wolf

Complete the statements below:

Today, I am giving myself permission to...

The life I'm creating feels more like me when...

One courageous step I will take is...

Discovering Your Core Values

Your values are more than words—they're the principles that guide your decisions, influence your relationships, and shape the life you're creating.

Sometimes we already know what matters most to us. Other times, we discover our values by paying attention to what brings us joy, what makes us proud, and what frustrates us when it's missing.

Take your time with this exercise. There are no perfect answers—only the opportunity to better understand what truly matters to you.



Pause & Reflect

When faced with difficult decisions, what beliefs or principles help guide your choices?

Think of a time you felt genuinely proud of yourself.

What happened?

Which value(s) were you honouring?

What situations frustrate you the most?

What might those frustrations reveal about what you value?

(Example: If disrespect frustrates you, perhaps respect is one of your core values.)

Looking back at your responses...What words, themes, or ideas keep appearing?

Draft your 3–5 core values.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Unleash Your Inner Wolf

Which one of these values feels the most central to who you are?

★ My guiding value is:

One way I will intentionally honour this value this week is:

Living Your Values

Knowing your values is only the beginning.

The real question is whether your daily choices, habits, and priorities reflect what matters most to you. Alignment doesn't require perfection—it requires awareness and intentional action.



Pause & Reflect

For each value you identified, complete the table below.

My Value	Am I living it consistently? (1–5)	One way I can honour it more intentionally

Reflect on your values.

Which value feels completely non-negotiable?

Which value has shaped one of your biggest life decisions?

Which value, when ignored or violated, affects you most deeply? Why?

Coaching Insight

As Jim Dethmer reminds us,

"Our outcomes reflect our true commitments—not what we say, but what we prioritise."

If your calendar, habits, and decisions don't reflect your values, your life may begin to feel out of alignment.

Alignment isn't about perfection.

It's about intentionally choosing what matters most—again and again.



Unleash Your Inner Wolf

Complete these statements:

The value I want to lead with more intentionally is...

Beginning today, one decision that will better reflect that value is...

The person I am becoming is someone who values...

Celebrate Your Uniqueness

Your uniqueness isn't found in one characteristic. It's the combination of everything you've learned, experienced, developed, and become.

No one else has your exact blend of knowledge, skills, experiences, personality, and perspective. Together, they create the value only you can bring to the world.

Knowledge

What knowledge or expertise am I proud of?

Skills

What skills do I naturally bring?

Credentials

What have I earned that reflects my commitment to growth?

Experience

What experiences have shaped who I am today?

Personality

What qualities make me... me?

Looking at the whole picture...

Which part of my uniqueness do I appreciate the most?

Which part have I been minimizing or overlooking?

How does my uniqueness positively impact my family, friends, workplace, or community?



Unleash Your Inner Wolf

Stop waiting until you're "more qualified" to appreciate what you already bring.

Complete these statements:

One thing that makes me uniquely valuable is...

I will stop minimizing...

This week, I will use my uniqueness to...

My Integrated Self

Your wellbeing isn't made up of separate parts. Each area of your life influences the others.

This exercise isn't about achieving perfect balance. It's about increasing awareness and identifying where your attention is needed most right now.

The diagram is a circular chart divided into five equal segments, each representing a different aspect of wellbeing. The segments are labeled and color-coded as follows:

- SPIRITUAL** (Purple): Represented by a leaf icon.
- PHYSICAL** (Green): Represented by a person running icon.
- MENTAL** (Blue): Represented by a brain icon.
- EMOTIONAL** (Orange): Represented by a heart icon.
- SOCIAL** (Yellow): Represented by a group of people icon.

Each segment contains a radial scale from 1 to 10, with 1 at the center and 10 at the outer edge. The center of the circle is labeled **INTEGRATED SELF** with a lotus flower icon below it.

A balanced life.
— YOUR NEXT VERSION. —

On a scale from 1 to 10, rate how full and aligned each area of your life feels right now.
1 = Not at all | 10 = Completely fulfilled

Looking at My Wheel

What surprises me?

Which area currently feels strongest?

Which area needs more attention?

If I could improve that area by just ONE point this month...

What would that look like?

Coaching Insight

Small, consistent actions create lasting change.

The goal isn't perfection—it's paying attention before life forces you to.



Unleash Your Inner Wolf

Complete these statements.

The part of myself I want to care for more intentionally is...

One small habit I will commit to is...

How will I know this area is improving?

My One Focus This Month

☐ Mental ☐ Emotional ☐ Physical ☐ Social ☐ Spiritual Why? _____

Staying Aligned with Who You're Becoming

Growth doesn't mean old patterns disappear completely. At times, familiar thoughts, fears, or behaviours may resurface—especially when you feel tired, uncertain, or stretched.

The goal isn't to judge yourself when this happens. It's to recognize what is showing up, understand what it may be trying to tell you, and choose how you want to respond.



Pause & Reflect

What parts of my former self still show up and try to hold me back?

What might they be trying to protect me from—or tell me?

What has been most helpful in keeping me aligned with the version of myself I want to be?

Who or what do I need more of around me to help me remain on the right path?

My Return-to-Self Plan

When I notice myself slipping into an old pattern...

The signs I may notice are:

The reminder I need to hear is:

The practice that helps me feel grounded is:

The person I can reach out to is:

Coaching Insight

Returning to an old pattern doesn't erase your progress.

Awareness gives you the opportunity to pause, reconnect with your vision, and make a different choice.



Unleash Your Inner Wolf

Complete the statement:

When I feel myself slipping back, I will remind myself that...

One action that will help me return to who I'm becoming is...

You don't need to remain perfectly aligned. You only need to recognize when you've drifted—and know how to find your way back.

Stepping Into Possibility

Awareness creates possibility—but action creates transformation.

You've spent this book discovering your strengths, values, purpose, uniqueness, and the habits that help you thrive. Now it's time to begin living them intentionally.

My Path of Possibilities

What opportunities might I be overlooking because of fear, doubt, or old stories?

Which opportunity feels most aligned with the person I'm becoming?

My Vortex Alignment Check

Before saying **yes** or **no**, ask yourself:

- ☐ Does this align with my values?
- ☐ Does it allow me to use my strengths?
- ☐ Does it move me closer to my purpose?
- ☐ Does it feel exciting, even if it's uncomfortable?
- ☐ If I am saying no, is it because it truly isn't right—or because I'm afraid?

This Is My Next Step

One opportunity I want to explore is...

The new belief I want to practise is...

One action I will take this week is...

Coaching Insight

It changes how you respond to it.

Growth often begins the moment you decide to move forward before you feel completely ready.



Unleash Your Inner Wolf

Finish these sentences.

I am ready to trust myself to...

The opportunity I don't want to miss is...

Today I choose possibility by...

Why I like this better

Trusting Yourself Through Change

Change often brings uncertainty, and uncertainty can easily trigger fear or self-doubt. Yet every challenge you've already navigated is evidence that you're more adaptable than you may realize.

Instead of asking yourself, *"Can I handle this?"*, ask, *"What have I already overcome that proves I can?"*



Pause & Reflect

Think of a recent change you successfully navigated.

What helped you adapt?

When uncertainty shows up, what helps remind you that uncertainty doesn't equal danger?

When fear or doubt creeps in, what helps you reconnect with trust?

What is one small, courageous step I can take today?

Coaching Insight

Confidence rarely comes before action.

More often, confidence grows because you took the first step despite the uncertainty.



Unleash Your Inner Wolf

Complete these statements:

A challenge I've already overcome is...

That experience reminds me that I am capable of...

Today, I choose courage by...

Evidence That I Can

Three things I've successfully navigated:

1.

2.

3.

Learning to Trust What's Unfolding

Trust does not mean knowing exactly what will happen.

It means believing that you can respond, adapt, and make thoughtful choices as the next step becomes clear.

Where Is Trust Needed Most?

Right now, I am being invited to trust:

- ☐ Myself
- ☐ Another person
- ☐ The process
- ☐ The timing
- ☐ The unknown
- ☐ Something else: _____

What makes trust difficult in this situation?

What would deeper trust look like?

From Fear to Curiosity

When I do not know what comes next, the fear that often shows up is...

That fear may be trying to protect me from...

Instead of immediately reacting, I could become curious and ask...

What else might be possible?

What information do I still need?

What is within my control right now?

What Helps Me Trust

A past experience that reminds me I can adapt is...

Someone I trust instinctively is...

Trust grows in that relationship because...

Coaching Insight

You do not need complete certainty before moving forward.

Sometimes trust is simply the willingness to take the next honest step while remaining open to what you learn along the way.



Unleash Your Inner Wolf

One small action that says, *I believe in myself and what is unfolding*, is...

I will take this action by:

Showing Up as Your Full Self

Authenticity grows where we feel safe enough to be seen.

That does not mean sharing everything with everyone. It means recognizing where you can be honest, where you may still be protecting parts of yourself, and where one small act of courage could help you show up more fully.

Where I Feel Most Like Myself

I feel safest being fully myself when I am...

The people or environments that bring this out in me are...

What makes these spaces feel safe?

- ☐ I feel accepted
- ☐ I am not judged
- ☐ I can make mistakes
- ☐ I can speak honestly
- ☐ I feel respected
- ☐ I feel understood
- ☐ Other: _____

Where I Am Still Holding Back

I sometimes hide or minimize...

I may be protecting myself from...

What might become possible if I allowed more of myself to be seen?

One Authentic Stretch

One small, authentic step I could take this week is...

This would stretch me because...

The support or reassurance I may need is...

How I Receive Vulnerability

When someone shows me their vulnerability, I tend to:

- ☐ Listen with care
- ☐ Try to fix the situation
- ☐ Become uncomfortable
- ☐ Reassure them quickly
- ☐ Share a similar experience
- ☐ Give them space
- ☐ Other: _____

How could I help that person feel safe, respected, and accepted?

 Coaching Insight

Authenticity is not about exposing every part of yourself.

It is about choosing not to abandon who you are in order to feel accepted.



Unleash Your Inner Wolf

Complete the statement:

This week, I will honour my authentic self by...

My Resilience Plan

Resilience is not simply how you respond in the middle of a challenge. It is also how you prepare beforehand, care for yourself while it is happening, and recover afterward.

Use this page to create a plan that helps you move through difficulty without losing connection to yourself.

Before a Challenge

What helps me build my capacity before things become difficult?

- ☐ Rest and recovery
- ☐ Supportive relationships
- ☐ Healthy routines
- ☐ Movement
- ☐ Boundaries
- ☐ Time alone
- ☐ Planning ahead
- ☐ Other: _____

The habits that help me feel grounded and prepared are:

During a Challenge

How do I know I am becoming overwhelmed?

My thoughts:

My emotions:

My body or behaviour:

What can help me remain supported and steady?

Who can I reach out to?

After a Challenge

What felt especially heavy?

What helped replenish me?

What patterns or habits became clearer?

What do I need to do differently next time?

My Cycle of Sustainable Resilience

I would place these four words in a simple horizontal cycle or four connected boxes:

Stretch → Spark → Rest → Reflect

Under each word, include one short prompt:

Stretch

Where am I being challenged to grow?

Spark

What restores my energy, hope, or motivation?

Rest

What does intentional recovery look like for me?

Reflect

What can this experience teach me?

Coaching Insight

Reframing experiences through reflection transforms setbacks into data, missteps into direction, and uncertainty into growth.

Resilience is not built through constant motion. It grows through intentional cycles of stretching, restoring your spark, resting, and reflecting.



Unleash Your Inner Wolf

One adjustment I will make to my resiliency plan is:

One recovery practice I will protect is:

The next time I face a challenge, I want to remember:

Stretch Without Breaking

Growth requires stretching beyond your comfort zone—but lasting growth also requires knowing when to pause, recover, and protect what matters most.

Healthy boundaries aren't barriers to growth. They're what make sustainable growth possible.

My Stretch Check-In

Right now, I feel most stretched in...

- ☐ Work
- ☐ Family
- ☐ Relationships
- ☐ Health
- ☐ Finances
- ☐ Personal growth
- ☐ Other: _____

Is this stretch helping me grow or leaving me depleted?

- ☐ Mostly energizing
- ☐ A healthy challenge
- ☐ A little overwhelming
- ☐ Draining my energy

Why?

Listening to My Limits

The signs that tell me I'm approaching my limit are...

Physically

Mentally

Emotionally

Protecting My Energy

One place where I need stronger boundaries is...

One place where I may be saying "yes" out of guilt, fear, or obligation is...

What would a respectful "no" make room for?

My Restore Plan

After periods of stretching, I feel restored when I...

- ☐ Spend time in nature
- ☐ Exercise or move my body
- ☐ Rest or sleep
- ☐ Connect with people
- ☐ Spend time alone
- ☐ Read or learn
- ☐ Journal
- ☐ Pray or meditate
- ☐ Create
- ☐ Other: _____

One recovery habit I want to protect is...

Coaching Insight

Stretching expands your capacity.

Recovery protects it.

Honouring your limits isn't stepping away from your potential—it's what allows you to return to it with clarity, energy, and purpose.



Unleash Your Inner Wolf

Finish these statements:

This season, I will protect my energy by...

One boundary that reflects the person I am becoming is...

My Vortex grows stronger when I remember that...

Giving Yourself Permission

Living authentically doesn't happen all at once. It often begins with one honest conversation, one courageous choice, or one moment where you decide to stop hiding parts of yourself.

Authenticity isn't about becoming someone new. It's about allowing more of who you already are to be seen.

Where Am I Still Hiding?

One part of myself I often keep hidden is...

I tend to hide this because...

What might happen if I allowed someone I trust to see this part of me?

The Masks I Wear

I feel I need to be...	What I truly need is..

Permission to Dream

A dream or desire I've been holding back is...

What's been holding me back?

- ☐ Fear of failure
- ☐ Fear of judgment
- ☐ Fear of success
- ☐ Not feeling ready
- ☐ Believing it's impractical
- ☐ Other: _____

One small step toward that dream is...

Coaching Insight

Courage isn't the absence of fear. It's choosing to honour who you are—even when vulnerability is required.



Unleash Your Inner Wolf

Today, I give myself permission to...

If I fully trusted my worth, I would...

One decision my future self will thank me for is...

Creating Your Vision

You have explored your strengths, values, uniqueness, purpose, wellbeing, courage, authenticity, and growth. Now it's time to bring those pieces together and look ahead.

Your vision doesn't need to be perfect or permanent. It simply needs to reflect the direction you want to move.

My Vision

Over the next few months, I want to...

Over the next few years, I hope to...

The Person I Am Becoming

The next version of me is someone who...

- ☐ Lives with intention
- ☐ Trusts themselves
- ☐ Uses their strengths
- ☐ Lives according to their values
- ☐ Sets healthy boundaries
- ☐ Embraces change
- ☐ Leads with courage
- ☐ Other: _____

What qualities do I want to strengthen?

The Ripple Effect

How will becoming the next version of myself impact my life?

How might it positively impact the people around me?

One Step Toward My Vision

This week, I will...

I will know I'm moving in the right direction because...

💡 Coaching Insight

A meaningful vision isn't built through one giant leap.

It's created through small, intentional choices made consistently over time.



Unleash Your Inner Wolf

Complete this statement:

The next version of me begins today by...

Becoming Your Own Best Coach

The conversations you have with yourself shape the way you experience challenges, setbacks, and opportunities.

When things become difficult, notice the voice you listen to most. Is it encouraging growth—or reinforcing fear?

Listening to My Inner Voice

When life feels difficult, my inner voice often says...

How does that voice make me feel?

- ☐ Encouraged
- ☐ Discouraged
- ☐ Motivated
- ☐ Ashamed
- ☐ Hopeful
- ☐ Overwhelmed
- ☐ Other: _____

From Critic to Coach

Complete the table.

My Inner Critic Says...	My Inner Coach Could Say...

What Keeps Me Grounded

The people, places, or activities that restore my energy are...

☐ Time in nature

☐ Movement

☐ Reading

☐ Family

☐ Friends

☐ Creativity

☐ Music

☐ Prayer or meditation

☐ Quiet time

☐ Other: _____

How can I make more space for these in my life?

My New Inner Dialogue

When I make a mistake, I want to remind myself...

When progress feels slow, I want to remember...

When fear appears, I will tell myself...

Coaching Insight

The goal isn't to silence your inner critic completely.

It's to strengthen the voice that reminds you of your resilience, your potential, and your ability to learn.



Unleash Your Inner Wolf

Complete this sentence:

If I truly believed in my potential, I would begin telling myself...

Creating Momentum Through Connection

You do not have to grow in isolation.

Sharing your progress, ideas, questions, and wins can strengthen your confidence, deepen connection, and open doors you may not have seen on your own.

Who Believes in Me?

The people who believe in me—even when I doubt myself—are:

1. _____
2. _____
3. _____

How could I allow one of these people to support me more?

What Am I Ready to Share?

A recent win I have not fully acknowledged is...

Something important I have learned is...

One idea, goal, or hope I am ready to share is...

Why Sharing Matters

Sharing this could help me by...

- ☐ Increasing my confidence
- ☐ Creating accountability
- ☐ Helping me gain clarity
- ☐ Opening a new opportunity
- ☐ Strengthening a relationship
- ☐ Inviting encouragement or support
- ☐ Other: _____

It may help someone else by...

My Connection Step

The person I will reach out to is:

What I want to share:

How I will connect:

I will do this by:

Coaching Insight

Sharing does not mean seeking approval.

It means allowing others to witness your growth, support your momentum, and sometimes recognize possibilities you cannot yet see for yourself.



Unleash Your Inner Wolf

This week, I will create traction around my Vortex of Potential™ by sharing...

Fueling Your Commitment

Commitment isn't about feeling motivated every day. It's about continuing to move forward—even when motivation fades.

This check-in will help you assess where you are today and identify one small step that keeps your momentum going.

My Commitment Check-In

On a scale of 1–10, where am I today?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Today, I am at: _____

What Does That Look Like?

At this level of commitment...

It looks like...

It feels like...

It sounds like...

Moving One Step Forward

If I moved up just **one point**, what would change?

It would look like...

It would feel like...

It would sound like...

Keeping My Momentum Alive

What would help me move one step higher?

- ☐ Accountability
- ☐ More clarity
- ☐ Better habits
- ☐ Rest and recovery
- ☐ Encouragement
- ☐ Time
- ☐ Confidence
- ☐ Support
- ☐ Other: _____

Daily sparks that help fuel my commitment:

The people who remind me of my potential are:

Coaching Insight

Momentum isn't created by giant leaps.

It's built through consistent choices that reflect the person you are becoming.

Every small action is a vote for the next version of you.



Unleash Your Inner Wolf

Today, I will demonstrate commitment by...

One promise I am making to myself is...

Using the PUZZLE Framework

The PUZZLE Framework™ is designed to help you pause, regain clarity, and reconnect with your Vortex of Potential™ whenever you feel uncertain, scattered, or stuck.

Choose one current situation, decision, goal, or challenge and work through each piece.

The Situation I Want to Explore

P — Perspective Taking

What other way could I view this situation?

What might my future self, a trusted person, or a more compassionate version of me see?

U — Understanding

What am I learning about myself?

What thoughts, emotions, patterns, or reactions am I noticing?

Z — Zooming In

What is the one specific issue, decision, conversation, or action that needs my attention most?

Z — Zooming Out

How does this connect to the bigger picture?

How does it align with my values, goals, wellbeing, and the person I want to become?

L — Learning

What stands out most?

What has this experience taught me about my strengths, needs, choices, or capacity?

E — Empowerment

What is the smallest meaningful step I can take now?

I will take this step by:

My PUZZLE Check-In

Which piece do I need most right now?

- ☐ Perspective Taking
- ☐ Understanding
- ☐ Zooming In
- ☐ Zooming Out
- ☐ Learning
- ☐ Empowerment

Why?

Coaching Insight

You do not need to solve the entire puzzle at once.

Sometimes progress begins by identifying the one piece that needs your attention and placing it with intention.



Unleash Your Inner Wolf

Complete the statement:

To return to my Vortex of Potential™, I will...

The Monthly Momentum Check-In

You've done the work of discovering your Vortex of Potential™.

Now the goal is to keep returning to it.

Growth isn't linear. Some months you'll feel energized and unstoppable. Other times you'll feel stuck, disconnected, or uncertain.

This monthly check-in is designed to help you quickly identify where you need to focus your energy and choose one meaningful action to regain momentum.

Use it on the first day of every month—or anytime you feel like you've drifted away from the next version of yourself.

Small adjustments, made consistently, create extraordinary change over time.

Where Do I Need to Focus?

Step 1

Read each statement below.

Place a ✓ beside every statement that feels true today.

The section with the most checkmarks is likely where your greatest opportunity for growth lies right now.

UNLEASH

I feel held back.

- ☐ I feel stuck.
- ☐ Fear or self-doubt is holding me back.
- ☐ I spend too much energy worrying about things outside my control.
- ☐ I know I'm capable of more.

Next Step

Remove what's standing between you and your potential.

EMPOWER

- ☐ I'm unclear about what I really want.
- ☐ I've lost touch with my strengths.
- ☐ I'm simply going through the motions.
- ☐ I don't feel like I'm living up to my potential.

Next Step

Reconnect with yourself.

SUSTAIN

- ☐ I struggle to stay consistent.
- ☐ Challenges derail me.
- ☐ My confidence disappears quickly.
- ☐ I've lost sight of my bigger purpose.

Next Step

Strengthen your foundation.

EXPRESS

- ☐ I hold back.
- ☐ I don't fully show up.
- ☐ My self-talk isn't kind.
- ☐ I don't let people see my potential.

Next Step

Show the world who you're becoming.

My Primary Growth Block

- ☐ Unleash
- ☐ Empower
- ☐ Sustain
- ☐ Express

My Coaching Session

My Current Challenge

Today I'm working through...

What's really happening?

Biggest Insight

What needs my attention most?

Which area am I strengthening?

- ☐ Unleash
- ☐ Empower
- ☐ Sustain
- ☐ Express

My Action Plan

This page changes depending on the Growth Block.

Instead of repeating four full worksheets, make one page with a reference table.

Suggested Actions

If I'm working on...	I can...
UNLEASH	Challenge one limiting belief. Focus on my Circle of Control. Consider one new possibility.
EMPOWER	Use one strength. Live one core value. Support one part of my wellbeing.
SUSTAIN	Reconnect with my vision. Protect my energy. Strengthen one habit.
EXPRESS	Replace one critical thought. Share one success. Act as my future self today.

The strategy I'm choosing

Why this strategy?

One obstacle I may encounter

How I'll respond if it happens

My Commitment

This page should feel like signing a promise to yourself.

My Commitment

Today I identified my greatest opportunity for growth as:

My greatest insight is:

The action I commit to taking is:

I will complete this action by:

Why this matters to me



Unleash Your Inner Wolf

The next version of me is created by the choices I make today.

Today's courageous step is:

Signature _____

Date _____

Return to this check-in every month. Growth isn't about never losing momentum—it's about knowing how to find your way back.

Congratulations

You took the first step.

If you've made it to this page, you've already done something many people never do—you chose to invest in yourself.

You paused.

You reflected.

You challenged old beliefs.

You celebrated your strengths.

You explored your values, purpose, and potential.

Most importantly, you took intentional steps toward becoming the next version of yourself.

Growth isn't measured by how quickly you finish a book or complete a workbook. It's measured by the awareness you gain, the choices you make, and the courage you show each day as you continue moving forward.

Remember, you are not meant to become a different person.

You are uncovering more of who you've always been.

This Is Not the End

Personal growth isn't something we accomplish once—it's something we continue to choose.

Life will change.

You will change.

Your goals will evolve, your priorities may shift, and new opportunities will emerge.

When they do, I hope you'll return to these pages.

Not because you need to start over, but because you'll see how far you've already come.

Your Future Check-Ins

Take a few moments to revisit this workbook and reflect on your growth.

☐ 3 Months – What progress have I made? What surprised me?

☐ 6 Months – What strengths have become more visible? What still needs attention?

☐ 9 Months – How have my goals, mindset, or confidence evolved?

☐ 12 Months – In what ways have I become the next version of myself?

A Personal Thank You

Thank you for inviting me to be part of your growth.

Whether this workbook challenged you, encouraged you, or simply gave you permission to pause and reflect, I hope it reminded you of something important:

You already have tremendous potential within you.

My hope is that these pages have helped you see it more clearly, trust it more deeply, and take meaningful steps toward expressing it.

Thank you for reading *The Next Version of You* and for giving yourself the time, space, and grace to explore who you are—and who you're becoming.

It has truly been an honour to walk alongside you.

Keep growing.

Keep learning.

Keep believing in what's possible.

Most importantly...

Keep becoming the next version of you.

With gratitude,

Lucie Langevin-Neil, RVT, CVPM, PCC
Founder, Co-vet Coaching

Stay Connected

If this workbook helped you, I'd love to hear from you.

Visit:

www.covetcoaching.ca

There you'll find:

- additional coaching resources
- speaking and workshops

And if this workbook made a difference, I'd be incredibly grateful if you'd consider leaving a review of **The Next Version of You** on Amazon.

Thank you for helping others discover what's possible.