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Client Engagement Guide for Nathan

Sample for demonstration. Nathan is a fictional client. Every detail here is invented.

Welcome

You told me, “I can tell you God is in control. I just don’t live like it.” That is honest. It is a good place to start.

This is our guide for working together. You and I are partners. I bring questions and ideas. You bring what you know about your life and your practice. Nothing here is a rule. Cross out anything that’s off. You know you best.

A verse to hold as we start: “for he gives to his beloved sleep” (Psalm 127:2, ESV). Rest is a gift from God. It is not something you earn.

Key Goals

1. **Be at home when you’re at home.** You told me you want to be at home when you’re at home.
    a. What better looks like: you eat dinner with your phone in another room, and you hear the whole story your kids tell.
2. **Master your craft and build a practice worth what you pour into it.** You told me you want to keep getting better at the law, not just keep up.
    a. What better looks like: you set aside time each week to sharpen your hardest skills. You can say what you’re known for, and the practice grows without your hours growing.
3. **Share the weight of decisions.** You said you want to stop treating every decision like it’s all on you.
    a. What better looks like: you ask one trusted person before a big call, and it feels like help, not a failure.
4. **Wind down without the TV or a drink.** You told me most nights you turn on the TV or pour a drink to shut your mind off.
    a. What better looks like: you end the day with something that truly rests you, and you pick it instead of reaching for it.
5. **Trust that God is carrying this, not just say it.**
    a. What better looks like: on a heavy week, you feel steady for a few minutes. You didn’t earn it. It’s just there.

These pictures of “better” are my first guesses. Change them to fit you.

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Overview

You came to me wanting to carry less alone, and to build a practice that is worth what you put into it. You run your own law practice with one part-time assistant. You work about 55 hours a week. Most nights you turn on the TV or pour a drink to shut your mind off. You are married and have two children, ages 10 and 7. You told me you are a Christian, and that you can explain God's love better than you can rest in it. You like clear plans and straight talk. You asked for something practical. So we will go at your pace and in your way. You pick the topics. I will ask questions and offer ideas. You decide what fits. We'll try small things and see what you notice.

The Block (our best first guess)

Carrying every decision alone is getting between you and resting in God's love when the pressure is on.

What it's doing for you. It began as protection. Carrying it all kept your practice running and your clients safe. It likely helped you build the practice you have. It may also be why your mind stays at work after the day ends, and why you turn to the TV or a drink to switch it off. That is a guess. You tell me.

What's underneath. Your SALVES results put Security first. Security means feeling safe. Value (feeling capable) and Significance (mattering) come next. The belief we think sits under it is in the next section.

What we're going after together. A life where you do your work well and still rest, because you trust you aren't holding it all up alone.

How we'll know it's loosening:

- You put the phone away at dinner and don't reach for it.
- You ask someone for help with a decision, and it feels okay.
- A hard week passes, and you notice one moment of steadiness.
- On a hard night, you pick something that rests you instead of the TV or a drink.

A passage that speaks to this: "casting all your anxieties on him, because he cares for you" (1 Peter 5:7, ESV). God cares about the weight you carry. Handing it over is a response to that care. It is not a way to earn it.

If this doesn't sound right, tell me. We'll change it.

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Our Best Guess at Your Core Belief

Under the Block, it sounds like part of you believes: “Everything depends on me, and if I let up, someone gets hurt.”

It began as protection. It likely helped you look after your clients, your family and the practice you built.

We’ll notice the moments when it feels less true. Here is the truth we’ll look at: God’s love for you doesn’t depend on how much you carry.

This is a first guess. If it doesn’t fit, tell me. We’ll change it.

How You Work Best

MBTI (your personality style). Your style tells us what comes naturally. It does not measure how good you are at anything. Your four letters came out ESTJ. Take that as a starting guess. Cross it out if it’s off.

- You like clear plans and steady follow-through. You say what you think.
- You trust facts and proven ways. You like to know the steps before you start.
- You take on a lot because you do it well. One small next move: pick one task to hand off this week.

EQ-i 2.0 (skills for handling feelings and people).

- Strong now: you size up facts, find answers fast and speak up plainly.
- Room to grow: staying flexible when plans change, and easing off when stress is high. One small next move: a two-minute pause before you answer a hard email.

SALVES (six things every heart longs for). The six are Security (feeling safe), Acceptance (belonging), Love (being cared for), Value (being capable), Enjoyment (delight) and Significance (mattering). Yours lean toward Security first, then Value and Significance.

You care about keeping people and your practice safe. The edge that comes with that is that rest can feel risky. One small next move: try ten minutes of real rest and notice what happens.

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Dimension	How you tend to work	What helps you
Big picture or details	You like facts, exact wording and clear steps.	Real examples. Written plans. Time to check the details.
Pace and change	You like a plan and a deadline. Sudden changes can drain you.	A heads-up before a change. A set time to switch.
Thinking out loud or quietly	You think out loud with people you trust.	Someone to talk with. A short written recap.
People first or task first	Task first. You show care by getting things done.	Start with the task. Check on the people part second.
How you decide	You weigh facts and what is fair, then you decide fast.	Two or three clear options. A day to check big calls.
Hard talks and feedback	You like it plain and direct.	Straight words with care. One thing at a time.
What gives you energy and what drains it	Clear wins and small finishes give energy. Open-ended mess and long waits drain it.	A short list. A finish line for each task.
What you need from other people	You want people who do what they say.	Clear asks. Someone who follows through.

As you read this, what do you feel? Jot a note in the margin.

How We Work Best Together

You and I are partners. We're alike in some ways and different in others. That helps us.

You and me, side by side:

Dimension	You	Me	What we'll do
People first or task first	You start with the task. You show care by	I care about the person first and the task	We'll start with the task and check in on the

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Dimension	You	Me	What we'll do
	getting things done.	second. That helps me listen. It can pull us off your goals.	people part second. I tie each session back to your goals in your notes, so we stay on track.
Big picture or details	You like facts and exact steps.	When information comes to me, I look for what it means more than what it is. I keep the details organized.	You bring the facts, and I bring what they point to. I write down every next step so you can check it.
Pace and change	You like a plan and a deadline.	I like a steady rhythm. I do best with a heads-up before a big change.	We'll tell each other before we switch plans.
Thinking out loud or quietly	You think out loud with people you trust.	I think out loud too, and I can talk too much and tell too many stories.	We may both talk a lot. I leave room: I ask one short question, then I wait. Silence is welcome with me.
How you decide	You weigh the facts, then decide fast.	I'm good at sizing up an idea and seeing if it will work.	I'll bring ideas. We'll test them together. You pick.
Hard talks and feedback	You like it plain and direct.	I used to avoid conflict. Now I see it as a way to protect	I'll say it plainly and kindly. If you want it

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Dimension	You	Me	What we'll do
		harmony. I tend to soften things, so I watch for that.	plainer, I'll do that.

What I'll do:

- I'll ask before I offer an idea. You can say no.
- I think out loud, and I can talk too much and tell too many stories. When you are looking for words, I can fill the gap too fast. I work on that: I ask one short question, then I wait.
- I take rules and agreements seriously and I keep them. I can push the edge of a rule without noticing. When it's pointed out, I stop right away. If you like clear rules, we'll write them down together.
- I finish what I start. My interest can fade when I can't see the value coming, so I tie every step to your goals. If a step doesn't help you, we drop it. I'm good at encouraging and helping you move, and your notes end with written next steps and a "Start here."
- Rest doesn't come easily to me, so I plan it and don't leave it open. I put it on the calendar, and we can practice that together.

What I'd ask of you:

- If something doesn't fit, say so. A few words are enough.
- If a step feels too big, tell me. We'll make it smaller.
- Tell me which things you want plainly and which with more care.
- If a step feels like one more task to master, tell me. Rest isn't another job.

How to tell me it's not working. You could say:

- "I need a minute."
- "That's not it."
- "Say it plainer."

Who decides what. You decide your goals, your pace, what you share and what you try. I keep the session flow clear unless you ask me to change it.

A verse for the two of us: "Bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:2, ESV). You carry a lot alone. This guide is one way we share the load.

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How to Make the Most of Your Sessions

- Be open and honest. Say what you really think, even when it isn't tidy.
- Think out loud here. Nothing has to be decided.
- Bring your plans and your doubts. Both belong here.
- Use this time to say what feels heavy. Nobody is grading you here.

If you wish, we can start or end with a short prayer. Your call.

How to Identify What to Talk About in Sessions

1. What's weighing most on your mind and heart today?
2. What thoughts or feelings keep coming back and wear you out, or keep you up at night?
3. Is there a moment of joy, hope or thanks you want to hold on to?
4. What's hard to put into words, even for you? The hardest things are often where we grow.
5. Are any choices or changes coming up (work, a move, a project) that leave you unsure?
6. How are the things you care about most changing or getting deeper through all this?
7. When did you last feel at rest, with nothing to carry? What was happening?
8. What did you decide alone this week that you could have shared?

Practical Tools to Use Between Sessions

Pick what looks useful. Skip the rest. You choose.

Tool	What it is	Why it fits you	Time	Label
Phone drawer	At dinner, put your phone in a drawer for 30 minutes.	You told me you want to be at home when you're at home.	30 minutes	[On your own]
Reflective journaling	Write three lines at day's end: what I decided,	You like clear steps. A short list is easy to keep.	5 minutes	[On your own]

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Tool	What it is what I handed off, what I felt.	Why it fits you	Time	Label
CHEW	Four short steps to look at what is true and what you feel (see CHEW below).	It turns what you know about God into a question you can feel.	5 to 10 minutes	[On your own]
Micro-Sabbaths	Sit on the porch with no phone and no list.	Rest can feel risky to you. Ten minutes is small enough to try.	10 minutes	[On your own]
Evening reset	At day's end, close the laptop and take a ten-minute walk. Then pick one thing that rests you, like a book, music or a talk with your spouse.	You told me you turn on the TV or pour a drink to shut your mind off. This gives your mind a real off switch.	15 minutes	[On your own]
Connection rituals	A weekly check-in with a trusted	You carry decisions alone. Another	20 minutes a week	[With someone you trust]

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Tool	What it is	Why it fits you	Time	Label
	friend or another solo practitioner. Share one decision you carried and one you could share.	person can hold a piece.		

If something heavy comes up when you try any of these, stop and bring it to our next session.

Summary of Goals and Desired Outcomes

We're aiming for these:

- Be fully at home when you're at home, even on a busy week.
- Keep growing in your craft and build a practice worth what you pour into it.
- Share the weight of big decisions with someone you trust.
- End the day with real rest, not the TV or a drink.
- Feel God's steady care when the pressure is on.

Why we believe you can:

- Your style likes clear plans and steady follow-through. That fits small steps that add up.
- You came in and said it out loud: "I can tell you God is in control. I just don't live like it." Naming the gap is a real first step.
- You told me you want to be at home when you're at home. That is a clear target.

We think you can do this, one small step at a time.

A passage for the work ahead: "Whatever you do, work heartily, as for the Lord and not for men" (Colossians 3:23, ESV). Your work is something you do for God, not to earn him. We're aiming for work and rest that fit together.

Milestones of Integration

The places where what you know has reached what you feel.

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This is your record. We add to it after each session. You can add to it any time.

A Felt Shift is a moment when something you knew became something you felt.

Date	Session	What shifted (in your words)	Stage	What helped	Next small step
Oct 6, 2026	1 (foundation)	Starting point. “I can tell you God is in control. I just don’t live like it.” Our first guess at the Block: carrying every decision alone is between you and resting in God’s love.	1	Saying the gap out loud.	Try the phone drawer for one dinner this week.

Stage key:

1. Knowing it (I can say it).
2. Wanting it (I want it to be true for me).

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3. Tasting it (I've felt it in moments).
4. Trusting it (I held on to it in a hard moment).
5. Living from it (it's how I respond without trying).

Moving back a stage is normal. It means we've found something deeper to work on.

A passage to keep close: "he who began a good work in you will bring it to completion" (Philippians 1:6, ESV). God keeps working in you, and you don't have to hurry it.

Personality: Strengths and Areas for Growth

Strengths	Areas for Growth
Clear and organized. You plan and follow through.	Planning so tightly that a change feels like a threat.
You say what you think.	Words that others may hear as sharper than you meant.
You take responsibility.	Taking on more than one person can carry.
You find answers fast.	Moving to a fix before you've been heard.
You protect your people.	Finding it hard to rest when you're not on watch.

How to Use Your Strengths:

- Use your planning to build rest into the week. Put it on the calendar like a client meeting.
- Use your straight talk to ask for help. "Can you look at this with me?" is a clear ask.
- Use your drive to protect people by sharing the load. A backup lawyer protects your clients, too.

As you read this, what do you feel? Jot a note next to the line that fits most.

The CHEW Framework and Methodology

CHEW means Clarity, Hear, Exchange, Walk. It is a short practice for moving from what you know to what you feel and live.

- **Clarity:** What is really going on here?

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- **Hear:** What does God's love reveal here?
- **Exchange:** If I really believed God's love is [this truth], how would that change what I'm feeling and what I'm believing about God, myself and others?
- **Walk:** Given that shift, what is one thing I can do in the next 1 to 15 minutes that shows I trust it?

An example built on our first guess at your Block [On your own]. It is an example, not your day:

- **Clarity:** A client emailed at 9 p.m. I answered right away and missed bedtime. I felt on edge.
- **Hear:** God's love doesn't depend on how fast I answer. He cares for me and for my clients.
- **Exchange:** If I really believed God's care covers my clients too, I'd feel calmer. I'd also believe one email can wait until morning.
- **Walk:** I set the phone on the kitchen counter and go play a board game with my kids for ten minutes.

Our Anchor

God's love in Jesus is the center of this work. It doesn't ask you to carry everything. It is the reason you can set something down. It meets your Block where it lives: you aren't holding it all up alone.

A passage to keep close: "The steadfast love of the LORD never ceases; his mercies never come to an end" (Lamentations 3:22, ESV). Your work doesn't keep God's love going. His love is what keeps you going.

Remember

You named your goals in your own words. You run a practice, protect your clients and follow through. You already know what you want to try first.

A verse to end on: "he will quiet you by his love" (Zephaniah 3:17, ESV). Take what is useful, change what isn't, and push back any time. We're partners, and I'm glad to be on your side.

Optional Session Preparation Sheets

Use any sheet before a session. Skip the rest. The label shows who a question needs.

1. Check-In: Where Am I Today?

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- In a word or phrase, how am I feeling in my mind and body right now? [On your own]
- What has been on my mind most this week? [On your own]
- What thoughts or feelings keep coming back? [On your own]
- Is there anything I want to celebrate or give thanks for? [On your own]
- Where did something I know become something I felt this week? [On your own]

2. Key Goals and Progress

- What progress, big or small, have I noticed toward my goals? [On your own]
- What got in the way since our last session? [With me]
- Did any goal change or get clearer? [On your own]
- Did I try the phone drawer? What did I notice? [On your own]
- Is there a new direction I want to explore? [On your own]

3. Reflection: Using My Strengths

- When did I use my planning to protect rest this week? [On your own]
- Where did my straight talk help me ask for help? [On your own]
- When did I share a decision instead of carrying it alone? [On your own]
- Where do I want to grow, like letting one task stay undone? [On your own]

4. Faith and Core Beliefs

- What do I believe about God when the pressure is on? [On your own]
- Where did I feel God's care this week, even a little? [On your own]
- Which CHEW question did I try, and what did I notice? [On your own]
- Does our best guess about my core belief fit? If not, how would I say it? [On your own]

5. What Do I Want to Talk About?

- What feels most important, heavy or urgent to talk about? [On your own]
- Are there hard feelings or choices I'm avoiding? [On your own]
- Do I want to go back to a past conversation or session? [With me]
- What am I curious about, even if it seems unrelated? [On your own]

6. Between-Session Practical Tools

- Did I use the phone drawer, journal, CHEW, a micro-Sabbath, an evening reset or a check-in? [On your own]

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- What did I learn about myself while using these? [On your own]
- Did I connect with someone I trust this week? [On your own]
- Did I notice any patterns or surprises? [On your own]

7. Naming Next Steps

- What is one small thing I'd like to try before next time? [On your own]
- What could get in the way, and who could ask me how it went? [On your own]
- Is there anything I want from Ryan, like a question, a plan or a nudge? [With me]
- What is one idea I want to chew on until next time? [On your own]

8. Centering on God's Love

"God is our refuge and strength, a very present help in trouble" (Psalm 46:1, ESV). God is near when the load feels heavy.

- Where did God's care show up this week? [On your own]
- Where do I want more steadiness? [On your own]
- Which true thing do I want to look at with CHEW? [On your own]
- Where could I rest in that verse today? [On your own]
- What helps me feel steady when things get heavy? [On your own]

Instructions for Use

- Print or copy only the prompts that feel most helpful.
- Use this as a journal page or a springboard for session topics.
- No need to answer every question. These are starting points.
- Feel free to bring your notes, or simply let them inform your heart and mind as you enter your session.

Each session is your space. Let these sheets help you prepare and stay close to what anchors you.

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