

Session Preparation Form

To get the most out of your coaching session it is best to spend some time preparing for it. Please email me a copy before your session.

NAME:

DATE:

WHAT I HAVE ACCOMPLISHED SINCE OUR LAST SESSION...MY WINS OR VICTORIES

WHAT I DIDN'T GET DONE, BUT WANT TO BE HELD ACCOUNTABLE FOR

CHALLENGES I AM FACING RIGHT NOW

WHAT I AM APPRECIATIVE OF OR GRATEFUL/THANKFUL FOR?

HOW DO I WANT TO USE MY COACH TODAY AND WHAT DO I WANT OUT OF THIS SESSION?