

Session Preparation Form

DATE _____

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

WHAT HAVE I 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 FOR/THANKFUL FOR?

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

WHAT I COMMIT TO DOING BEFORE THE NEXT SESSION:
