

SESSION PREPARATION FORM

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

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 OR/GRATEFUL/THANKFUL FOR RIGHT NOW

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

WHAT I COMMIT TO DOING BEFORE THE NEXT SESSION
