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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 SESSIONMY 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