

*321 Life Coaching, LLC*  
Regenia Hubbard, Esq., LCSW, LCAS-A  
**SESSION PREP FORM**

To get the most out of our coaching sessions, prior to each session, please consider how you want to use our time together. The more focused you are, the more successful we can be when we talk. Please bring the completed form to your coaching session. Upon request, this form is available in e-mail format.

**What action(s) have I taken this week towards my goals?**

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**What didn't I get done, but intended to accomplish since our last session?**

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**Did I have any wins, breakthroughs, or insights since our last session?**

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**Where am I making progress?**

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**What are the biggest challenges or struggles right now?**

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**Where am I feeling stuck?**

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**What do I want to discuss in today's coaching session?**

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**Anything else?**

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