

Client Coaching Preparation Form

Use this form to prepare for your coaching session. Through reflection and writing, your session will be deeper and generate the results you are looking for. Before each session, please answer the following questions:

1. How am I in this moment? How was my week?
2. What would I like to get from our conversation/session today?
3. Is there a situation or goal I want to discuss? What are the challenges, concerns, achievements or opportunities for growth I want to work on in this session?
4. What do I want to be held accountable for?

If appropriate...

1. What new opened for you from your last session?
2. How are you doing with your practices (meditation, journal, exercise, reading, etc.)?