

**Lovelace Coaching
Client Debrief Form**

Your name:

Date of session:

Please complete this form within 24 hours of your session and return to your coach.

1. What did you accomplish in this session?
2. What new way(s) of being did you discover or declare during your session?
3. What new possibilities are opening for you?
4. What actions are you going to take between now and your next session and what are the completion dates?
5. What worked well for you during this session?
6. What might not have worked so well for you?
7. Any other comments you would like to make or share with your coach?