SESSION PREPARATION FORM

DATE---------------NAME---------------------------------------------

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

What I have accomplished since last session…My wins or victories.

What I didn’t get done but wanted to be held accountable for

Challenges I am facing right now.

What I am appreciative of or grateful/thankful for?

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?