**Life With Value**

Session Preparation Form

Date-----------------------------

To get the most out of your coaching sessions it is best to spend several minutes preparing for it.

Please e-mail me a copy before your session—24 hours prior session is best.

WHAT HAVE I ACCOMPLISHED SINCE OUR LAST SESSION….MY WINS OR VICTORIES?

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WHAT I DIDN’T GET DONE BUT WANY TO BE HELD ACCOUNTABLE FOR

CHALLENGES I AM FACING RIGHT NOW

WHAT I AM APPRECIATIVE OF OR GREATFUL/THANKFUL FOR?

HOW DO I WANT TO USE MY COACHING TODAY AND WHAT DO I WANT TO GET OUT OF THIS MEETING?

WHAT I WILL COMMIT TO DOING BEFORE THE NEXT COACHING SESSION?   
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