

Date of Session: _	
Session Time:	
Session mine.	

BLOC & WELLNESS COAC	DM .	Health Coa	ching Prep For	<u>m</u>			
Remember to email me at cindy@atimetobloomcoaching.com at least 24 hours before your							
		coach	ning session				
1. What	successes related	to my previous actio	on steps have I h	ad since our last se	ession?		
2. What o		acles related to my	previous action s	steps have I had sii	nce our last		
3. What	would I like to foc	us on in our coachin	g session today?	•			
4. What	support/resource:	s do I need in order	to carry out my r	next action steps?			