



Wrap up Session Questions

Client Name: _____

Date: _____

1. What specifically have I achieved during the coaching period?
(review your goals, achievements and successes)

- 1.
- 2.
- 3.

2. How am I different / What am I doing differently as a direct result of coaching?
(think broadly)

- 1.
- 2.
- 3.

3. What are my top 3 goals and dreams in life right now?
(personal AND work)

- 1.
- 2.
- 3.

4. What are my top 5 priorities in life as I now understand them?

- 1.
- 2.
- 3.
- 4.
- 5.

5. What limiting beliefs have I let go of? (eg. about myself/life/others) I NO LONGER BELIEVE:

- 1.
- 2.
- 3.

6. What positive new beliefs do I have? (eg. about myself/life/others) I NOW BELIEVE:

- 1.
- 2.
- 3.



Wrap up Session Questions

6. What specifically have I learned about myself? (that I perhaps haven't mentioned yet)

- 1.
- 2.
- 3.

7. What have I learned during this coaching or program that I will carry forwards in life?

- 1.
- 2.
- 3.

8. What has been the best bit of the coaching for me?

- 1.
- 2.
- 3.

9. What are the best things about my life?

- 1.
- 2.
- 3.

10. What ONE piece of advice would I give myself to take forwards?

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What else would I like to note down that would be useful to me going forwards?

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