



Session Preparation Form

DATE: _____

To get the most out of your coaching session it is best to spend several minutes preparing for it.
Please email or fax me a copy before your session.

WHAT HAVE I ACCOMPLISHED SINCE OUR LAST SESSION...MY WINS OR VICTORIES: _____

WHAT I DIDN'T GET DONE, BUT WANT TO BE HELD ACCOUNTABLE FOR:

CHALLENGES I AM FACING RIGHT NOW:

WHAT I AM APPRECIATIVE OF OR GRATEFUL FOR/THANKFUL FOR?

HOW DO I WANT TO USE MY COACH TODAY AND WHAT DO I WANT TO GET OUT OF
THIS CALL? _____

WHAT I COMMIT TO DOING BEFORE THE NEXT SESSION:
